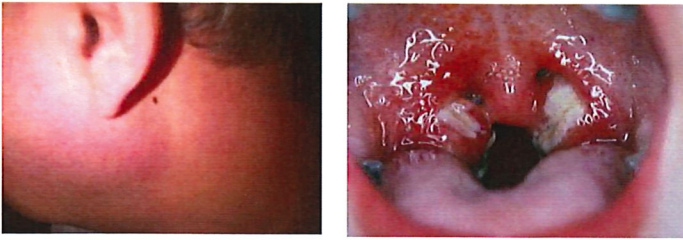


Glandular Fever



What is Glandular Fever?

Glandular fever is an illness caused by a virus.

It is a worldwide disease which can affect both sexes. It mostly affects young adults aged 15 - 26 years in the UK.

What is the incubation period?

Incubation is thought to be usually around four - eight weeks.

How long does the illness last?

The illness lasts two - three weeks but can be up to six weeks and is characterised by:

- Swollen glands
- Fever and sometimes a rash.
- Occasionally patients become jaundiced (turn yellow).

Young children tend to suffer mild symptoms which are often difficult to recognise.

How is it diagnosed?

By a blood test.

Is there any effective treatment?

There is no specific treatment and almost everyone will eventually make a good recovery.

How is Glandular Fever spread?

Spread is by saliva, usually through kissing or being in close contact with a carrier. Small children can be infected by chewing toys contaminated with the viruses. When the acute infection is over the virus can stay in the saliva for a year or more and about a fifth of those affected may have it for much longer than this.

Although it can occur in young children, this condition is much more common in adolescents. It usually takes the form of a sore throat with swollen glands in the neck. Full recovery may take some weeks, during which time the person may feel very washed out. This is not a very infectious disease except with close contact (known as "kissing disease") and the child should only be kept away if feeling unwell.

How can spread be prevented?

Exclusion is not required if an individual feels well enough to attend school. Prevention is by using hygiene measures including hand washing and thorough cleaning of articles which may be contaminated with saliva.

More information on Glandular Fever can be found in chapter nine of the [Health protection in schools and childcare facilities](#) guidance.