GLANDULAR FEVER

1. Sore throat
2. Cold
3. Fever
MODE OF TRANSMISSION
Airborne infection: transmitted through coughing, sneezing, speaking. (Also called “kissing disease” because the infection is often spread from mouth to mouth.) Smear or contact infection: caused by dirty objects or hands.

PREVENTION
General hygiene measures, especially hand hygiene.

INCUBATION PERIOD
The time from infection to outbreak of the disease is between 5 and 50 days.

CLINICAL SYMPTOMS
Coughing, sneezing, watery eyes, sore throat, high fever, swelling of the lymph nodes on the neck. In small children, the disease often runs its course without symptoms.

COMPLICATIONS
Pneumonia, hepatitis, meningitis, involvement of kidneys, joints and heart, anaemia.

CONTAGIOUSNESS
The exact period of contagiousness is not known. The virus remains in the body of infected persons for life and is periodically emitted by the saliva.

READMITTANCE
Readmittance is possible once the symptoms have abated.