



1 Sore throat



2 Cold



3 Fever

GLANDULAR 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 **2**, watery eyes, sore throat **1**, high fever **3**, 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.

**FOR FURTHER INFORMATION
SEE NHS WEBSITE**

