**What is Glandular Fever?**

Glandular fever is a common infection. It is also known as infectious mononucleosis, or “mono”. The virus that causes glandular fever is called Epstein-Barr virus.

**Who is at risk?**

Most people are exposed to the virus that causes glandular fever during their lifetime.

**What are the symptoms?**

Only around 50 percent of people will experience any symptoms. This is most common in young adults. Children rarely shows signs of illness when they have the infection.

Symptoms appear around 4 to 6 weeks after being exposed to the virus and may include:

- Fever
- Sore throat
- Tiredness
- Enlarged lymph nodes (lumps) in your neck, arm pits or groin
- An enlarged spleen, and
- Liver problems, which may sometimes cause jaundice (yellowish skin and eyes).

Symptoms usually last around 2 to 4 weeks. A very small number of people may experience symptoms for many months. This is known as chronic glandular fever.

The virus that causes glandular fever stays in the body after the infection is over. This is usually not a problem because you have immunity to it. Occasionally, the virus can become active again if your immune system is not working well (for example, in people who have cancer) and cause another infection.

**How is Glandular Fever diagnosed?**

A diagnosis of glandular fever is confirmed with a blood test.

**How is Glandular Fever spread?**

Glandular fever is spread through close contact with body fluids including saliva from someone who is infected with the virus. This is why it has been called “kissing disease” in the past, because teenagers and young adults are most likely to show symptoms of glandular fever. Young children tend to be exposed to the virus when they share toys and drinking cups.
**Glandular fever**

**Patient information**

Infection Prevention
The Alfred
55 Commercial Road, Melbourne
VIC 3004
Tel: (03) 9076 3919
alfredhealth.org.au

Any questions?
If you would like further information about Glandular Fever, contact Alfred Health Infection Prevention on (03) 9076 3139.

![Help icon]

**Further information:**

Better Health Channel
www.betterhealth.vic.gov.au

Health Vic
https://www2.health.vic.gov.au

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**What is the treatment?**

There is currently no treatment for glandular fever. There are medications to help relieve some of your symptoms if you are feeling unwell.

**I have been told I have Glandular Fever. How will I be cared for in hospital?**

**Accommodation:** There will be no change to your accommodation or care. Isolation is not required.

**Hand Hygiene:** It is important that staff, patients and visitors clean their hands every time they enter or leave your room. They can use the provided alcohol-based hand rub or soap and water to clean their hands.

**It’s OK to ask:** Please feel free to remind your health care worker to clean their hands.

**As a patient, what should I do?**

- Let your nurse or doctor know if your symptoms (for example, sore throat or fever) are uncomfortable.
- Always put your used tissues immediately into the bin and clean your hands afterwards.
- Avoid sharing cups and straws with other people.

**What do my visitors need to do?**

Your visitors should always clean their hands before and after visiting you. They can use the provided alcohol-based hand rub, or wash with soap and water.