

Glandular Fever

Glandular Fever mostly affects teenagers and young adults. It gets better without treatment, but it can make you feel very ill and last for weeks.



See a GP if you have:

- a very high temperature or you feel hot and shivery
- a severe sore throat
- swelling either side of your neck – swollen glands
- extreme tiredness or exhaustion
- tonsillitis that isn't getting better

These are Glandular Fever symptoms. You don't usually get Glandular Fever more than once.

See a GP now or go to A&E if you have:

- difficulty swallowing
- difficulty breathing
- extreme tummy pain

What happens at your appointment

Your GP might order a blood test to confirm it is Glandular Fever and to rule out other illnesses, like tonsillitis. This would test for the Epstein-Barr virus which causes Glandular Fever.

Antibiotics - Your GP won't give you antibiotics. Glandular Fever is caused by a virus so they won't work

How long Glandular Fever lasts

You should feel better within 2 to 3 weeks. Some people might feel extremely tired for months.

Try to gradually increase your activity when your energy starts to come back.

Glandular Fever can cause your spleen to swell. For the first month, avoid sports or activities that might increase your risk of falling, as this may damage your spleen.

How to stop Glandular Fever spreading

Glandular Fever is very infectious. It's spread through spit. You're infectious for up to 7 weeks before you get symptoms.

You can go back to school or work as soon as you start to feel better.

Glandular Fever complications

Most people get better with no problems. Sometimes Glandular Fever may lead to other illnesses, such as:

- lower level of blood cells, such as Anaemia
- an infection, such as pneumonia
- a neurological illness, such as Guillain-Barre syndrome or Bell's palsy