

We have had a confirmed case of Glandular Fever in the school. If you have any concerns, please contact your family doctor for recommendations and advice.

**Dept of Health
Government of WA
Communicable Disease Guidelines
2014 Edition**

**Glandular Fever
(infectious mononucleosis, Epstein-Barr virus)**

A common, acute, viral infection. Symptoms include fever, sore throat, enlarged glands, rash, fatigue.

Transmission: Direct contact with infectious nose or throat secretions (eg, saliva)

Incubation period: 4 to 6 weeks

Infections period: Months

Exclusion: Exclude until well

Contacts: Do not exclude

Treatment: Varies according to symptoms

Immunisation: None available

Prevention: Good hygiene practices, eg handwashing to avoid salivary contamination from infected individuals. Avoid kissing on the mouth while unwell, avoid drinking from common container to minimise contact with saliva.