

Infectious mononucleosis (glandular fever)

Epstein-Barr virus (EBV), also known as human herpesvirus 4, is a member of the herpes virus family. It is one of the most common human viruses. EBV is found all over the world. Most people get infected with EBV at some point in their lives. EBV spreads most commonly through bodily fluids, primarily saliva.

Symptoms, fatigue, fever, inflamed throat, hepatosplenomegaly, enlarged lymph node, and rash.

EBV infections in children usually do not cause symptoms, or the symptoms are not distinguishable from other mild, brief childhood illnesses. People, who get symptoms from EBV infection, usually teenagers or adults, get better in two to four weeks. However, some people may feel fatigued for several weeks or even months.

Transmission

EBV spreads most commonly through bodily fluids, especially saliva. However, EBV can also spread through blood and semen during sexual contact, blood transfusions, sharing toothbrush, drinking glasses which infected person has been used recently, and organ transplantations.

Diagnosis

Diagnosing EBV infection can be challenging since symptoms are similar to other illnesses. EBV infection can be confirmed with a blood test that detects antibodies. About nine out of ten of adults have antibodies that show that they have a current or past EBV infection.

Prevention & Treatment

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There is no vaccine to protect against EBV infection. You can help protect yourself by not kissing or sharing drinks, food, or personal items, like toothbrushes, with people who have EBV infection.

There is no specific treatment for EBV. However, some things can be done to help relieve symptoms, including

- drinking fluids to stay hydrated
- getting plenty of rest
- medications for pain and fever