

## CDC DEFINITION

Diagnosis requires: both major criteria, and either 8 minor symptom criteria, or 6 minor symptom criteria and 2 examination criteria

### Major criteria

- Fatigue: Relapsing or easily evoked
- No resolution with bed rest
- Severe: daily activity reduced by 50% for more than 6 months

Exclusion of other illnesses: including psychiatric

### Minor symptom criteria

- Fever or chills: Mild
- Sore throat
- Lymph node pain
- Cervical (neck) or axillary (armpit)
- Muscle discomfort or myalgia
- Muscle weakness
- Unexplained; Generalized
- Fatigue: Generalized
- After previously tolerated levels of exercise
- Prolonged: more than 24 hours

- Headaches: New; Generalized
- Arthralgias (joint pain): Migratory; Non-inflammatory
- Neuropsychiatric
- Visual: Photophobia(intolerance of bright light); Transient scotoma (loss of part of visual field)
- Behaviour: forgetfulness; irritability; Depression; Confusion
  
- Sleep disturbance: Insomnia or increased need for sleep
- Onset: Acute or subacute

### Physical examination criteria

- Low grade fever
- Pharyngitis:
- Lymph nodes: in the neck or armpit may be palpable or tender