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2 **Asymptomatic primary infection with Epstein-Barr virus: observations on young adult**3 **cases**

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14 Running Head: Asymptomatic primary EBV infection

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20 **ABSTRACT**

21 Epstein-Barr virus (EBV) is typically acquired asymptotically in childhood. By contrast,
22 infection later in life often leads to infectious mononucleosis (IM), a febrile illness
23 characterised by anti-EBV IgM antibody-positivity, high loads of circulating latently-infected
24 B cells, and a marked lymphocytosis caused by hyper-expansion of EBV-specific CD8⁺ T cells
25 plus milder expansion of CD56^{dim} NKG2A⁺ KIR⁻ NK cells. How the two situations compare is
26 unclear due to the paucity of studies on clinically-silent infection. Here we describe five
27 prospectively-studied asymptomatic infections identified in a sero-epidemiological survey of
28 University entrants. In each case the key blood sample had high cell-associated viral loads
29 without marked IM-like CD8 lymphocytosis or NK cell disturbance. Two of the highest viral
30 load cases showed a coincident expansion of activated EBV-specific CD8⁺ T cells but overall
31 CD8⁺ T cell numbers were either unaffected or only mildly increased. Two slightly lower load
32 cases, which serology suggests may have been caught earlier in the course of infection, also
33 showed no T or NK cell expansion at the time. Interestingly, in another higher load case
34 where T and NK cell responses were undetectable in the primary infection bleed, EBV-
35 specific T cell responses did not appear until several months later, by which time virus loads
36 in the blood had already fallen. Thus some asymptomatic primary infections have very high
37 circulating viral loads and a cell-mediated immune response that is qualitatively similar to
38 IM but of lower magnitude. However, others may be quite different and ultimately could
39 reveal novel mechanisms of host control.

40

41 **IMPORTANCE**

42 Epstein-Barr virus (EBV) is transmitted orally, replicates in the throat and then invades the B
43 lymphocyte pool through a growth-transforming latent infection. While primary infection in

44 childhood is usually asymptomatic, delayed infection is associated with infectious
45 mononucleosis (IM), a febrile illness with high circulating viral loads and an exaggerated
46 virus-induced immune response involving both CD8⁺ T cells and natural-killer (NK) cells. Here
47 we show that in five cases of asymptomatic infection, virus loads in the blood are as high as
48 in acute IM whereas cell-mediated responses, even where they resemble IM in timing and
49 quality, are never as exaggerated. We infer that IM symptoms arise as a consequence not of
50 the virus infection *per se*, but of the hyper-activated immune response. Interestingly, there
51 were idiosyncratic differences among asymptomatic cases in the relationship between viral
52 load and response kinetics, emphasising how much there is still to learn about primary EBV
53 infection.

54

55 INTRODUCTION

56 Epstein-Barr virus (EBV), a gamma-1 herpesvirus with B cell growth-transforming ability, is
57 widespread in all human populations and carried by most individuals as a seemingly
58 harmless infection (1). The virus is orally spread and is typically acquired from close family
59 contacts during infancy or early childhood, at which time infection is almost always clinically
60 silent. However, with rising standards of hygiene in the developed world, primary infection
61 is increasingly being delayed until the second or third decade. This often leads to infectious
62 mononucleosis (IM), an illness whose symptoms (fever, sore throat, cervical
63 lymphadenopathy and fatigue) range from mild to severe and may take between 1 and 6
64 weeks to resolve (2). The proportion of delayed primary infections that are symptomatic
65 varies from 25 to >80% in different reports, likely reflecting differences in the rigour of
66 follow-up and clinical monitoring (3-6). Such symptomatic cases have been extensively
67 studied; indeed what little is known about the virology and immunology of primary EBV

68 infection comes almost exclusively from IM patients. Thus, by the time IM symptoms appear
69 (typically 5-7 weeks after oral transmission), high levels of infectious virus can be detected
70 in throat washings, reflecting lytic virus replication in epithelial and probably also B cells at
71 oropharyngeal surfaces (7, 8). Also, by this time, the virus has already spread into the
72 general B cell pool as a latent infection. Many latently-infected B cells can be found both in
73 tonsillar lymphoid tissue, where proliferating EBV growth-transformed cells exist alongside
74 cells with varying degrees of more restricted latency (9, 10), and in the blood, where most if
75 not all cells have fully suppressed EBV growth-transforming protein expression, moved to a
76 resting state and entered the recirculating memory B cell pool (11). While virus shedding in
77 the throat may continue at a high level for several months post-IM (5, 12), the number of
78 latently-infected cells in the blood tends to fall quickly during the disease course itself, then
79 more gradually to reach a stable set-point over the following weeks and months (11, 13).

80 These events are coincident with a range of immune responses (14). Thus IM patients can
81 be diagnosed serologically through the presence of IgM, and rising IgG, antibody titres to
82 the lytic EB viral capsid antigen (VCA) in the absence of an IgG response to the latent nuclear
83 antigen EBNA1; thereafter the IgM response gradually subsides, the anti-VCA IgG titre
84 stabilises and, months later, the anti-EBNA1 IgG response appears (2). Acute IM blood is also
85 characterised by a large expansion of CD8⁺ T cells with an activated effector (CD38⁺ HLA-DR⁺
86 CCR7⁻ CD45RA⁻), apoptosis-prone (Bcl2^{low}) phenotype. Many of these activated cells are
87 specific for immunodominant EBV antigens of the immediate early and early lytic cycle,
88 accompanied by smaller (sometimes delayed) responses against latent antigens (15, 16).
89 The CD8 expansion in the blood is most marked in clinically more severe IM (5) and
90 contracts slowly as symptoms resolve, generating a memory population of resting EBV-
91 specific cells. Some memory cells re-express the CCR7 lymphoid homing marker, facilitating

92 entry into tonsillar tissue and ultimately the establishment of a tissue-resident memory
93 population at this site (17, 18). There is also a comparatively weak (median <2-fold)
94 expansion of circulating NK cell numbers in acute IM, reflecting an increase in cells whose
95 phenotype (CD56^{dim} NKG2A⁺ KIR⁻) is intermediate between the less mature (CD56^{bright}
96 NKG2A⁺ KIR⁻) and more mature (CD56^{dim} NKG2A⁻ KIR⁺) subsets of NK cells present in blood
97 (19-21). At the same time circulating dendritic cells of the myeloid (mDC), and especially the
98 plasmacytoid (pDC), subsets are reduced in number (20, 22). Finally, a range of anti-viral
99 and/or pro-inflammatory cytokines and chemokines are reported to be elevated in IM
100 plasma, including interferon(IFN) β and IFN γ , interleukin (IL)1, IL6, IL10, IL12 and IL18,
101 tumour necrosis factor(TNF) α , monokine induced by IFN γ (MIG/CXCL9) and IFN γ -induced
102 protein 10 (IP-10/CXCL10) (23-26). Since many of these cytokines and chemokines can be
103 produced by multiple different cell types, it is difficult to say whether they derive from
104 infected cells per se or from cells activated as part of the immune response to infection.

105 The factors determining whether primary EBV infection is asymptomatic, or presents as
106 IM, are poorly understood. Clearly the age at which the virus is acquired is important. In that
107 context, the greater risk of IM among adolescents and young adults compared to children
108 has been variously ascribed to their greater chance of acquiring a high initial virus dose by
109 kissing (14), to the diminishing competence with age of early NK cell control over new virus
110 acquisition (19), and to the increasing breadth with age of T cell memory such that
111 responses to a new agent may be inflated by cross-reactive recognition from previously-
112 primed specificities (27). That said, the effect of age is not absolute because classical IM is
113 seen occasionally in paediatric cohorts (13, 19) and may indeed be under-recognised there.
114 Furthermore, epidemiologic studies have found a greater concordance of IM incidence
115 among monozygotic twins than among dizygotic twins and first degree relatives, strongly

116 implying a genetic element to IM risk that is superimposed upon environmental influences
117 (28, 29).

118 A major barrier to progress in this field is our almost complete ignorance of the virologic
119 and immunologic events that occur in asymptomatic primary infection. Some early studies
120 attempted to address these issues in paediatric cohorts but were largely limited to serologic
121 screening or to the limited cellular immunologic assays available at that time (30-32).

122 Several more recent reports have monitored EBV acquisition in African children but mainly
123 in circumstances where it was not only difficult to assess symptomatology but also where
124 confounding factors affecting immune competence, notably co-infection with HIV and/or
125 malaria, appeared to have predisposed to the high EBV loads observed (33-36). There are
126 many differences, therefore, between such complex scenarios and clinically silent EBV
127 acquisition in the non-immunocompromised host, particularly as occurs covertly in young
128 adults in the developed world. Only one previous study, based in Australia, has focused on
129 asymptomatic primary infection in these circumstances (37). During prospective screening
130 of volunteers for an early EBV vaccine trial, Silins et al serendipitously identified four healthy
131 anti-VCA IgM⁺, anti-VCA IgG^{+/-}, anti-EBNA1 IgG⁻ individuals, two of whom also had IM-like
132 EBV genome loads in the blood. Although not analysed for EBV-specific T cell or NK cell
133 responses, all four asymptomatic sero-convertors had peripheral blood mononuclear cell
134 (PBMC) counts in the normal range and only one showed evidence of IM-like clonal T cell
135 expansions by T cell receptor V β analysis (37). The present study set out to identify more
136 such individuals, in this case within a cohort of more than 400 medical students who
137 volunteered blood samples at the beginning of their University course and, in some cases,
138 annually over the following four years. All were monitored for serologic status with respect
139 to two herpesviruses, EBV and cytomegalovirus (CMV), and for EBV load in PBMCs. Overall,

140 using a combination of serologic and virologic parameters, six subjects were identified as
141 likely to be undergoing asymptomatic primary infection with EBV at the time a bleed was
142 taken; additional bleeds allowed prospective studies in five of these cases.

143

144 RESULTS

145 Identifying cases of asymptomatic primary infection

146 A total of 448 medical school entrants, all in good health and with no recent history of
147 infectious disease, volunteered an initial blood sample. Of these, 278 (62%) were found to
148 be anti-VCA IgG⁺, suggestive of an already established EBV carrier state. Viral DNA was
149 detected in the majority but not all seropositive cases (Fig. 1); this reflects the limitation of
150 the assay when applied to DNA from 6×10^5 PBMCs (36), since in our hands almost all
151 seropositive individuals are detectably EBV genome-positive in the same assay using DNA
152 from 6×10^5 purified peripheral blood B cells (10). As seen before among virus carriers in the
153 UK population (10, 36), viral load values were spread across a very wide (10^4 -fold) range
154 (Fig. 1). Indeed that range slightly overlaps the range of virus loads seen in acute IM
155 patients, though the IM median value is around 70-fold higher than the median for the virus
156 carrier state.

157 During the analysis of these initial bleeds, or subsequently during annual follow-ups, a
158 combination of viral load assays and serologic screening identified six individuals
159 (designated AS1-6) who had been fortuitously sampled while undergoing an asymptomatic
160 primary infection. Four cases came to light through being EBV genome-positive in the viral
161 load assay yet serologically anti-VCA IgG⁻. Further antibody assays on the plasma samples
162 taken at this time showed that two of the above individuals (AS1, AS5) were anti-VCA IgM⁺
163 and anti-EBNA1 IgG⁻ at the time, while the other two (AS3, AS4) were still seronegative even

164 for anti-VCA IgM. Interestingly all four individuals had high to very high EBV genome loads in
165 the blood (770-15,600 genomes per 10^6 PBMCs) but remained asymptomatic in the weeks
166 following the sample being taken. All four were studied prospectively either through
167 additional voluntary bleeds or through bi-annually collected samples.

168 To search for other examples of occult primary infection, we retrospectively screened
169 248 plasma samples from the above anti-VCA IgG⁺ cohort and looked for cases with an anti-
170 VCA IgM⁺, anti-EBNA1 IgG⁻ profile. Interestingly 17 samples were anti-EBNA1 IgG⁻ but, of
171 these, 15 were also anti-VCA IgM⁻. We infer that these 15 anti-VCA IgM⁻, anti-VCA IgG⁺,
172 anti-EBNA1 IgG⁻ cases (EBV load range 26-4536 genomes per 10^6 PBMCs, median value 312)
173 reflect either recent but not current primary infections or the small fraction of virus carriers
174 (estimated at around 3%) who remain anti-EBNA1 IgG⁻ in the longer term (38). More
175 importantly, we identified two individuals with an anti-VCA IgM⁺, anti-EBNA1 IgG⁻ profile
176 indicative of primary infection, both of whom had remained well in the weeks following the
177 key bleed. One, AS2, also had a very high load (11,350 genomes per 10^6 PBMCs) and,
178 because additional bi-annual samples were available, could be studied prospectively. The
179 other, AS6, who had only a relatively low load (148 genomes per 10^6 PBMCs) had not given
180 additional samples and our observations were limited to just the one bleed. Figure 1
181 compares the viral load data for all six AS cases at the time of asymptomatic infection with
182 the values seen in long term virus carriers (anti-VCA IgG⁺) and acute IM patients; the viral
183 loads in the AS1-6 group were significantly higher than those seen in the carrier state and, in
184 three cases, were well within the acute IM range.

185 For comparison, the same serologic assays were used to screen 21 acute IM patients
186 whose EBV loads are also included in Fig. 1; all 21 were anti-VCA IgM⁺ and 14 were already
187 anti-VCA IgG⁺, whereas all but one were anti-EBNA1 IgG⁻ (data not shown). Note therefore

188 that the serological profiles in four of our asymptomatic cases (AS1, 2, 5 and 6: anti-VCA
189 IgM⁺, anti-VCA IgG^{+/-}, anti-EBNA1 IgG⁻) resemble those typically seen in acute IM. By
190 contrast the profile seen in the two other cases (AS3, AS4: anti-VCA IgM⁻, anti-VCA IgG⁻,
191 anti-EBNA1 IgG⁻) is atypical and implies that these individuals were bled at an earlier stage
192 of infection before development of an IgM response. We also determined the CMV sero-
193 status of the AS cohort and their acute IM comparators, given the possibility that pre-
194 existing CMV carriage might influence the course of primary EBV infection (39, 40). All six AS
195 individuals were CMV-seronegative at the time of EBV acquisition and, in the five
196 prospectively studied cases, remained so throughout the whole study period. The majority
197 (18/21) of IM cases were likewise CMV-seronegative at the time of acute IM.

198

199 **Prospective studies on AS1 to AS5: viral load, antibody and T cell responses**

200 AS1 gave samples on four occasions, initially in October 2007 and then again 5, 17 and 55
201 months after that date. This individual was identified at the first bleed with a very high viral
202 load (15,600 genomes per 10⁶ PBMCs) and a serological picture associated with primary
203 infection, i.e. anti-VCA IgM⁺, anti-VCA IgG⁻, anti-EBNA1 IgG⁻ (Table 1). Surprisingly the viral
204 load was still high at the 5 month bleed, by which time both anti-VCA IgG and anti-EBNA1
205 IgG antibody responses had developed, whereas by the later bleeds the viral load had fallen
206 to a stable level (albeit at the high end of the virus carrier range) and the serological picture
207 was that of a long-term virus carrier i.e. anti-VCA IgM⁻, anti-VCA IgG⁺ and anti-EBNA1 IgG⁺.
208 In contrast to the situation typically seen in acute IM, AS1's lymphocyte count was not
209 raised at the time of primary infection and there was no dramatic expansion of CD8⁺ T cells.
210 However, the 30% CD8⁺ T cell representation among the lymphocyte population was higher
211 than seen in later bleeds from this individual. Furthermore almost 40% of the circulating

212 CD8⁺ T cells in the primary infection bleed had an activated CD38⁺ HLA-DR⁺ phenotype,
213 suggesting that a mild expansion had occurred. Since AS1 was HLA-B*0702-positive, this
214 allowed the initial and subsequent bleeds to be examined for EBV-specific CD8⁺ T cells using
215 tetramers for three EBV-coded B*0702 -restricted epitopes, two lytic (RPR, TPS) and one
216 latent (RPP), here listed in their typically observed order of dominance (RPR>RPP>TPS). The
217 RPR-specific response accounted for >6% of all CD8⁺ T cells in the blood at the time of
218 primary infection (Fig. 2, Table 1) and, just as seen for EBV-specific effectors in acute IM (15,
219 16), the great majority of these RPR-specific cells were in the CD45RA⁻ CCR7⁻ subset and had
220 an activated CD38⁺ HLA-DR⁺ phenotype with associated down-regulation of Bcl2 (Fig. 2).
221 Overall, therefore, around 14% of the CD8⁺ T cell activation that occurred during primary
222 infection of AS1 could be explained by a response to this one B*0702 -restricted epitope.
223 Five months later, the general CD8⁺ T cell activation had largely resolved and the RPR
224 epitope response had contracted to a lower level with loss of activation markers (Fig. 2,
225 Table 1). By that time, responses to the subdominant RPP and TPS epitopes had developed,
226 with the latter still having remnants of an activated phenotype (Table 1). Subsequent bleeds
227 showed a further slow fall in the size of all three B*0702 epitope responses and a complete
228 loss of activation markers.

229 AS2 was EBV-negative both by viral load and serology at the first bleed in October 2009
230 but two years later was caught at a time of very high viral load (11,350 genomes per 10⁶
231 PBMCs) and an anti-VCA IgM⁺, anti-VCA IgG⁺, anti-EBNA1 IgG⁻ antibody profile typical of a
232 primary infection (Table 1). When sampled a further two years on, the viral load had fallen
233 to a value just above the normal carrier median and the serological picture, anti-VCA IgM⁻,
234 anti-VCA IgG⁺, anti-EBNA1 IgG⁺, was now typical of the long-term carrier state. In this case
235 the lymphocyte count at the time of primary infection was slightly raised (by a factor of 1.5-

236 to 1.8-fold) over earlier and later values. Furthermore, % CD8⁺ T cell representation in the
237 lymphocyte population was increased almost 2-fold, 45% of those CD8⁺ T cells were
238 activated and at least some of those T cells were EBV-specific (Table 1). Thus, tetramer
239 staining identified a highly activated (CD38⁺ HLA-DR⁺ Bcl2^{low}) CD8⁺ T cell response to the
240 HLA-A*0201-restricted EBV lytic cycle epitope YVL (Fig. 3). These YVL-specific cells made up
241 2.5% of all CD8⁺ T cells in the blood at the time and >5% of the activated population. Two
242 years later, YVL-specific cells were detectable in lower numbers and had lost their activation
243 markers. During primary infection the YVL response was also accompanied by smaller, but
244 similarly activated, responses to two other A*0201-restricted lytic epitopes, GLC and LLI
245 (Table 1); these again entered memory as smaller populations. No detectable response ever
246 developed to CLG, a weak A*0201-restricted latent cycle epitope.

247 Corresponding findings for two further individuals, AS3 and AS4, are summarised in Table
248 2. These were distinct from the above cases in that both were identified with viral loads that
249 were moderately high (770 and 1,030 genomes per 10⁶ PBMCs, respectively) yet at a time
250 when both were still anti-VCA IgM⁻, anti-VCA IgG⁻, anti-EBNA1 IgG⁻. This implies that
251 (relative to AS1 and AS2) these two individuals had been caught slightly earlier in the course
252 of infection, although clearly EBV had already entered the circulating B cell pool. At this time
253 AS3 (HLA-A*0201- and B*0702-positive) showed no evidence of raised lymphocyte counts,
254 of any expansion or activation in the CD8⁺ T cell pool or of any A*0201- or B*0702 EBV
255 epitope reactivity (Table 2). A T cell response did subsequently occur however, since in
256 bleeds taken 2 and 4 years later tetramer staining detected small non-activated memory
257 populations to several A*0201- and B*0702 -restricted epitopes; these same later bleeds
258 also confirmed EBV loads falling, eventually to below detectable levels, and conversion to a
259 typical virus- carrier serostatus (anti-VCA IgM⁻, anti-VCA IgG⁺, anti-EBNA1 IgG⁺). In the case

260 of AS4 (HLA- B*0702-positive), total lymphocyte and CD8⁺ T cell numbers were likewise
261 unchanged at the time of primary infection, relative to those seen in earlier and later
262 bleeds, and there was minimal activation of the general CD8⁺ T cell pool. Interestingly
263 however, tetramer staining did detect a small population of cells specific for the B*0702-
264 restricted RPR epitope, 35% of which was activated. Responses to the sub-dominant B*0702-
265 epitopes RPP and TYS were not yet present, but two years later all three reactivities were
266 detectable in memory; by this time, the viral load in PBMCs had fallen below detectable
267 levels and the serologic picture was typical of a long-term virus carrier (Table 2).

268 Donor AS5 was sampled on 5 occasions, initially in November 2007 and then again 3, 16,
269 26 and 54 months after that date. This individual (like AS1) was identified at the first bleed
270 with a very high viral load (13,450 genomes per 10⁶ PBMCs) and a serological picture (anti-
271 VCA IgM⁺, anti-VCA IgG⁻, anti-EBNA1 IgG⁻) associated with primary infection (Table 3). In this
272 case the viral load in the blood had fallen well into the normal carrier range within 3
273 months, remained at that level at 16 months, then became undetectable at later bleeds.
274 However, the serologic profile was slow to change; AS5 still remained anti-VCA IgM⁺, anti-
275 VCA IgG⁻, anti-EBNA1 IgG⁻ at 3 months, had become anti-VCA IgM⁻, anti-VCA IgG⁺, anti-
276 EBNA1 IgG⁻ at 16 months, and did not acquire the typical anti-VCA IgM⁻, anti-VCA IgG⁺, anti-
277 EBNA1 IgG⁺ carrier profile until the 26 month bleed. Interestingly, the T cell response was
278 also slow to develop (Table 3). There was no sign of expansion or activation in the circulating
279 CD8⁺ T cell population either at the time of primary infection or 3 months later. Total
280 lymphocyte counts were similar at these times but then increased to a higher level that was
281 maintained over the last three bleeds, though without any change in % CD8⁺ T cells. As AS5
282 was HLA-A*0201-positive, we stained successive samples using A*0201 tetramers with
283 relevant EBV epitopes. Responses to the lytic epitopes GLC (Fig. 4), YVL and LLI were absent

284 in the first two bleeds but were first detected as small populations, still bearing some
285 residual evidence of an activated phenotype, at 16 months post-infection (Table 3). Their
286 numbers had fallen at 26 months, by which time a partly-activated response to the sub-
287 dominant latent epitope CLG (Fig. 4) was also in evidence, and all four responses had
288 assumed typical long-term memory levels by the last bleed.

289 To allow comparison between these asymptomatic EBV infections and classical IM, we
290 selected four IM patients (IM 221, 232, 253 and 265) who were either HLA-A*0201 or HLA-
291 B*0702-positive and from whom acute and follow-up samples were available for
292 retrospective analysis. These samples were assayed alongside the asymptomatic infection
293 samples using the same reagents, and the results are summarised in Table 4. At the time of
294 acute IM, all four patients had high viral loads (1,270-21,650 genome copies/ml), while the
295 three from whom acute phase sera were available had an antibody profile consistent with
296 primary infection (anti-VCA IgM⁺, anti-VCA IgG⁺, anti-EBNA1 IgG⁻). All four had elevated
297 lymphocyte counts (3.3 - 8.8 x 10⁶ cells/ml) with a high percentage (60-76%) of CD8⁺ T cells
298 and with 77-95% of those CD8⁺ T cells having an activated phenotype. In later bleeds, the
299 viral load fell (in three of four cases), the antibody profile had become anti-VCA IgM⁻, anti-
300 VCA IgG⁺, anti-EBNA1 IgG⁺, and the lymphocyte count normalised, as did the %CD8⁺ T cells
301 and the CD8 activation phenotype. Staining with the above panel of A*0201- and B*0702-
302 tetramers showed activated CD8 responses to the relevant epitopes in acute phase,
303 followed by the resolution of these activated responses down to resting memory levels
304 (Table 4). Note that in acute phase these particular epitope-specific responses were
305 relatively small (only comprising up to 7% total CD8⁺ T cells), reflecting the fact that neither
306 HLA-A*0201 nor B*0702 are strong EBV response alleles and are frequently outcompeted by

307 more dominant restricting alleles in the genotype, most likely by HLA-B*0801 in the cases of
308 IM221 and IM232 (15, 16).

309 The data in Fig. 5 show how the percentage of CD8⁺ T cells within the lymphocyte
310 population changed over time for these IM patients and for the asymptomatic cases AS1-5;
311 red dotted lines denote the time of primary infection. The scatter plots (right) show, for
312 each of the IM patients and for AS1-5, the ratio of the % CD8⁺ T cells seen in primary
313 infection versus the mean % value seen in the same individual in bleeds taken >6 months
314 post-infection. The significant difference between the two sets of results make it clear that
315 the gross expansion of CD8⁺ T cells typically seen in IM was not observed during
316 asymptomatic infection. Note that a similar picture emerged from the other case of
317 asymptomatic primary infection, AS6, from whom only the primary infection bleed was
318 available. There was again no obvious lymphocytosis in the blood, the CD8⁺ T cell population
319 constituted only 25% lymphocytes and completely lacked activation markers (data not
320 shown).

321

322 **Prospective studies on AS1 to AS5: NK cell responses**

323 Given recent reports of mild NK cell expansion in IM (19) accompanied by differentiation of
324 immature CD56^{bright} cells to an intermediate CD56^{dim} NKG2A⁺, KIR⁻ phenotype (19-21) , we
325 established staining protocols that could identify the total NK cell population and the
326 relevant NK subsets (Fig. 6A). We then used these protocols to analyse the sequential
327 samples from the IM and AS donors. Fig. 6B shows the individual data and summary plots in
328 a format that follows the lay-out introduced in Fig. 5.

329 Studying the acute and post-IM PBMCs from five prospectively studied IM patients
330 (including the four used in tetramer staining above) confirmed the recently reported trends

331 (19-21). Note that the size of the CD56⁺ NK cell population, when expressed as a % of total
332 lymphocytes, was typically around 2-fold lower in acute IM than in later post-IM bleeds;
333 however, this reduced percentage in acute phase is a side effect of the dominant CD8⁺ T cell
334 expansion and does not reflect a real fall in numbers. Indeed, when allowance is made for
335 the 3- to 4-fold increase in total PBMCs seen in IM, absolute NK cell numbers were 1.5- to 2-
336 fold higher in acute phase. Staining with the NK cell subset markers further showed that the
337 proportion of CD56^{bright} cells within the NK cell population was lower in acute phase than
338 post-IM, while that of CD56^{dim} NKG2A⁺ KIR⁻ cells was higher (Fig 6B), consistent with a
339 preferential expansion of the latter subset in IM (19-21).

340 By contrast, corresponding data on sequential bleeds from donors AS1-5 showed, in most
341 cases, no evidence of elevated CD56⁺ NK cell representation within the lymphocyte
342 population during primary infection and no change in relative representation of the
343 CD56^{bright} and CD56^{dim} NKG2A⁺ KIR⁻ subsets (Fig. 6B). The one partial exception was AS3,
344 where the percentage of CD56⁺ cells within the (non-expanded) PBMC pool at primary
345 infection was unusually high compared to the more typical values seen in later bleeds.
346 However, this apparent expansion had occurred without enrichment of the CD56^{dim} NKG2A⁺
347 KIR⁻ NK subset (Fig. 6B). Furthermore, in their primary infection bleeds, the AS donors
348 showed no evidence of NK cell activation using two markers, increased HLA-DR⁺ expression
349 and loss of Bcl2, that in our hands were typically seen in NK cells in acute IM (data not
350 shown). The summary scatter plots (Fig. 6B, centre right and bottom right) show %
351 representation of the CD56^{bright} and CD56^{dim} NKG2A⁺ KIR⁻ NK cell subsets at the time of
352 primary infection relative to that seen in later bleeds from the same individuals. The IM and
353 AS scatter plots are significantly different, reflecting the absence of a detectable IM-like NK
354 cell response at the time the five asymptomatic primary infections were sampled.

355

356 **Prospective studies on AS1 to AS5: DC frequencies and plasma cytokines**

357 The final sets of experiments asked to what extent two other haematological features of
358 acute IM were detectable in asymptomatic primary infection, namely the almost complete
359 loss of pDCs and partial loss of mDCs recently reported in IM blood (20, 22), and the well
360 documented increase in circulating levels of various anti-viral and/or pro-inflammatory
361 cytokines and chemokines during the acute disease (23-26).

362 To examine DC populations, we established a staining protocol that identifies both pDCs
363 (defined as live lineage⁻ HLA-DR⁺ CD11c^{low} CD123^{high} cells) and mDCs (defined as live lineage⁻
364 HLA-DR⁺ CD11c^{high} CD123⁻ cells) (Fig 7A). Applying this to prospective bleeds from our five
365 reference IM patients, we found the % representation of pDCs and mDCs was very low (Fig.
366 7B, left). This was particularly the case for pDCs with a median value of 0.062% mononuclear
367 cells, 8-fold lower than the levels reached post-IM, whilst mDCs underwent a similar but
368 less marked decrease with a median value of 0.065%, 4.5-fold lower than observed post-IM.
369 A change of this magnitude cannot be wholly explained by the diluting effect of CD8⁺ T cell
370 expansion in IM blood but must reflect an actual depletion of the circulating pDC and mDC
371 population. Corresponding data for AS1-5 revealed a mixed picture (Fig. 7B). Both AS1 and
372 AS2, the two asymptomatic infections characterised by high virus loads and an activated
373 CD8⁺ T cell response, gave results suggestive of pDC and mDC depletion. By contrast the
374 other three asymptomatic infections occurred without obvious effects on circulating DC
375 numbers. The summary scatter plots (Fig. 7B, right) illustrate the rather tight patterns of DC
376 depletion seen in acute IM relative to post-IM values versus the much more heterogeneous
377 picture seen in the AS subjects.

378 Finally, using a Luminex assay, we screened longitudinal plasma samples from the IM and
379 AS cases for concentrations of 11 cytokines/chemokines reported to be elevated in IM. We
380 found increased levels of IL18, IP10 and MIG to be the most sensitive and consistent
381 indicators of analyte dysregulation in acute IM, with peak concentrations being greatest for
382 MIG and IP10. Fig. 8 shows data from five IM patients, with IL18, MIG and IP10 levels in
383 acute phase being much higher than those present in the weeks and months post-IM.
384 Corresponding results from the individual AS subjects are shown alongside; the picture was
385 again heterogeneous. Both AS1 and AS2 had clear increases in MIG at the time of primary
386 infection, accompanied by a small elevation of IL18 above base-line levels (note the reduced
387 scale for IL18 and MIG concentrations compared to those seen in IM); in addition AS1
388 showed an increase in IP10. By contrast, AS3 and AS4 showed rising levels over time but no
389 clear evidence of changes specifically linked to EBV infection. Most interesting were the
390 data from AS5, where there was long delay between virus acquisition and a virus-specific T
391 cell response; in this case, increased levels of MIG and IP10 were observed coincident with
392 the cellular response and not with infection per se.

393

394 **DISCUSSION**

395 Our understanding of primary EBV infection in its usual asymptomatic form is very limited
396 because of the difficulty of studying a clinically silent event. As a result much is inferred
397 from the study of IM, a disease which appeared in affluent societies as an unexpected
398 consequence of delayed primary infection and which, in evolutionary terms, is a novelty.
399 Whether IM is a legitimate model for the successful control of primary EBV infection, or an
400 artefact of inefficient control, remains to be determined. The fact that not all delayed
401 primary infections are clinically manifest as IM (3-6) affords an opportunity to address this

402 issue, providing one can identify asymptomatic cases. An earlier study (37) serendipitously
403 identified four IgM anti-VCA⁺ individuals during serologic screening of volunteers for an EBV
404 vaccine trial. In the present work we took advantage of a study in which entrants into a UK
405 Medical School were screened annually or biannually throughout their degree course for
406 EBV and CMV status. This allowed us to identify six individuals undergoing sub-clinical
407 primary infection with EBV at one point during their studies; four of these were identified as
408 anti-VCA IgM⁺ by serologic screening (as in ref 37) while two were found to be EBV DNA-
409 positive yet still anti-VCA IgM⁻. In two cases (both anti-VCA IgM⁺) we were able to arrange
410 additional bleeds in the months following infection; in three other cases we only had access
411 to those samples taken biannually before or after the event, and in one case we only had
412 the primary infection bleed. Such constraints are clearly a limitation since changes are
413 occurring rapidly during primary infection and one's snapshot of the virus-host interaction
414 will be highly dependent on the time of sampling. Nevertheless the present work is only the
415 second published analysis of asymptomatic EBV acquisition in adulthood and the only one
416 using a wide range of immunological tools to allow direct comparison with individuals of a
417 similar age who developed acute IM.

418 The first of several important questions concerned virus loads in asymptomatic infection.
419 Here the message was clear. Three individuals, AS1, AS2 and AS5, with an EBV-antibody
420 profile equivalent to that seen in acute IM (anti-VCA IgM⁺, anti-VCA IgG^{+/-}, anti-EBNA1 IgG⁻)
421 had circulating EBV genome loads well within the acute IM range, whereas a fourth, AS6
422 (anti-VCA IgM⁺, anti-VCA IgG⁺, anti-EBNA1 IgG⁻), had a relatively low load, although it may
423 be that we had missed an earlier peak of infection in this particular case. The other two
424 individuals, AS3 and AS4, had loads that were just below the IM range; however, the fact
425 that neither individual had yet mounted a detectable anti-VCA IgM response suggests that

426 they may have been caught relatively early in the course of infection, with EBV load in the
427 blood possibly still rising. These findings reinforce those in the earlier report of
428 asymptomatic adult infections, where two of three anti-VCA IgM⁺ individuals tested had
429 elevated IM-like viral loads in PBMCs (37). Together the two studies make it clear that, while
430 in acute IM the severity of symptoms is reported to correlate directly with virus load in the
431 blood (5), the virus load per se cannot be the driver of symptoms since most asymptomatic
432 infections identified to date display similarly high loads.

433 We would stress that these elevated EBV loads refer to cell-associated virus genomes and
434 almost certainly reflect high frequencies of latently-infected cells present within the
435 circulating B cell pool. We could not prove this directly in the present work because the
436 limited size of the AS blood samples precluded isolation of the B cell fraction. However
437 many previous studies in subjects with high PBMC loads, whether IM patients,
438 immunocompromised transplant recipients or healthy individuals, have shown that EBV is
439 carried selectively in B cells and as a latent, not lytic, infection (10, 11, 41, 42). This speaks
440 against virus replication as a major contributor either to cell-associated virus loads or,
441 through virus shedding, to cell-free viral DNA in plasma. In this latter context, even in the
442 most acute cases of IM with huge B cell loads, viral genomes are only detectable in plasma
443 transiently and at very low levels (12, 43). At the same time, it is important to recognise that
444 studies on PBMCs and/or circulating B cells tell us nothing about the oropharyngeal
445 infection, in particular about the level of infectious virus shedding in the throat. We did not
446 take throat washings in the present work. Recently, however, two prospective studies of
447 EBV-seronegative students sampled both sites at regular intervals and found that, in those
448 individuals who subsequently developed IM, virus shedding did not become detectable until
449 very close to or at the time symptoms appeared (5, 6), suggesting that there is little

450 oropharyngeal replication occurring in the long prodromal phase. This reinforces the idea
451 that oropharyngeal B cells are the first target of orally-transmitted virus and that foci of lytic
452 replication in permissive epithelium are dependent upon seeding from locally-infected B
453 cells. Interestingly, in contrast to virus load in the blood, levels of virus replication in the
454 throat of IM patients bear no relationship to the severity of symptoms (5) ; indeed such
455 discordance is also apparent post-IM, with oral shedding typically remaining high long after
456 the resolution of symptoms (5, 12, 17).

457 We next examined aspects of the cell-mediated response in asymptomatic infection. In
458 their earlier study, Silins et al (37) found no evidence that their subjects had raised
459 lymphocyte counts at the time of infection; however they were unable to look at the key
460 features affecting the blood picture in IM, namely CD8⁺ T cell activation and the induction of
461 a massive EBV antigen-specific CD8⁺ T cell response (15, 16). In the present work we found
462 that three of our five prospectively studied subjects had an on-going virus-specific CD8
463 response at the time EBV was first detected, and in two of those individuals (AS1 and AS2),
464 this was coincident with significant levels of activation in the CD8⁺ T cell pool; however,
465 overall CD8⁺ T cell numbers never rose to the levels seen in IM. In the case of AS1, while
466 total lymphocyte counts were not raised at the time of infection, the percentage of CD8⁺ T
467 cells was higher than in subsequent bleeds and almost 40% of those CD8⁺ T cells were
468 activated. Furthermore, tetramer staining showed that around 15% of that activation could
469 be explained by the response to one EBV lytic cycle epitope, while a bleed taken six months
470 later revealed a delayed response to two further epitopes. In the case of AS2, a somewhat
471 larger CD8⁺ T cell expansion was observed, sufficient to cause a detectable (but still <2-fold)
472 increase in total lymphocyte counts. Some 45% of the expanded CD8 population was
473 activated and the activated population contained CD8⁺ T cell responses to three EBV lytic

474 epitopes. Both AS1 and AS2 therefore show elements of an IM-like CD8⁺ T cell response but
475 in less exaggerated form. How much of the overall CD8⁺ T cell activation can be ascribed to
476 EBV-specific cells in such cases remains a moot point. Some of this may reflect “bystander
477 activation”, as acute EBV infection has been shown to induce an activated phenotype
478 (though not proliferation) in pre-existing CD8⁺ T cell memory to unrelated viruses (44).
479 However we anticipate that the EBV-specific response is a major contributor because our
480 tetramer assays, focusing on a small number of epitopes restricted through just one or two
481 HLA alleles, clearly underestimate the true size of that response.

482 In contrast to the above cases, AS3 and ASS4 showed no evidence of any lymphocytosis
483 or general CD8⁺ T cell expansion/activation in the first virus-positive bleed. However, since
484 both individuals may have been sampled relatively early in the course of infection and were
485 not re-sampled until much later, it may be that a subsequent expansion occurred and was
486 missed. This remains a possibility but, at least in the case of AS4, an EBV-specific CD8⁺ T cell
487 response was already detectable without disturbance of the CD8⁺ T pool as a whole. AS3
488 and AS4 may therefore represent positions at the other end of the asymptomatic spectrum,
489 i.e. cases where control of the infection occurs without obvious impact on the CD8 pool as a
490 whole. Most interesting was the case of AS5 who, despite already sustaining high EBV loads
491 in the blood, showed no lymphocytosis, no CD8 expansion/activation and no detectable
492 EBV-specific CD8⁺ response either during acute infection or in a blood sample taken three
493 months later. It was not until the 16 month bleed that an EBV-specific CD8⁺ T cell response
494 was detected, at which time cells reactive to three lytic epitopes were present, some still
495 with a phenotype suggesting relatively recent activation. Later bleeds detected these same
496 CD8⁺ T cell reactivities in memory, joined in the 26 month bleed by a recently activated
497 response to a sub-dominant latent epitope. Note that there is a parallel between this long-

498 delayed T cell response to infection and the same individual's unusually slow IgG (i.e. T cell-
499 dependent) antibody response to the virus; thus AS5 was still anti-VCA IgG⁻ 3 months after
500 the primary infection bleed and still anti-EBNA1 IgG⁻ after 16 months.

501 Several lines of evidence both from IM patients (5, 45) and from children with primary
502 immune deficiencies (46, 47) suggest that, besides T cells, the NK cell system has a role to
503 play in restraining EBV infection. As to the mechanism of control, early interest came from
504 the finding that CD56^{bright} NK cells (the dominant NK cell subset in lymphoid tissues) have
505 the potential to delay EBV-induced B cell transformation in vitro by producing IFN γ (48).
506 However, more recent work studying EBV infection in the humanised mouse model suggests
507 that NK cells target lytic rather than growth-transforming latent infections (49). This accords
508 with in vitro evidence that latently-infected B cells only become susceptible to NK cell
509 recognition and killing upon entry into lytic cycle (50). Interestingly, the CD56^{dim} NKG2A⁺
510 KIR⁻ subset that best mediates such lytic cycle recognition in vitro is also the subset that is
511 preferentially expanded in IM blood (19). This has prompted the hypothesis that NK cells
512 play an important role early in the host response to primary EBV infection by controlling
513 lytic virus replication, thereby limiting the amount of infectious virus entering the B cell
514 system and also reducing the yield of lytic antigens that are the main drivers of the primary
515 CD8⁺ T cell response (49). By this argument, since IM is a disease associated with high virus
516 loads and an exaggerated T cell response, it may arise as a result of impaired NK cell control;
517 conversely, asymptomatic infection would be associated with efficient NK cell responses. In
518 the present study of asymptotically infected individuals, we therefore extended our
519 analysis to include the circulating NK cell population and its subsets. One possibility was
520 that, compared to the small expansion in NK cell numbers and slight increase in CD56^{dim}
521 NKG2A⁺ KIR⁻ representation reported in IM (19), these indicators of an active NK cell

522 response would be magnified in asymptomatic infection. Using protocols that confirmed the
523 reported NK cell changes in IM blood, we found (in at least four of the five individuals
524 studied) no clear evidence for expansion either of total NK cells or of the CD56^{dim} NKG2A⁺
525 KIR⁻ subset. The one partial exception was AS3 (one of the two cases possibly caught early
526 post-infection) where percentage representation of total NK cells was increased in the
527 lymphocyte population at the time EBV was first detected; however this was not
528 accompanied by any sign of NK cell activation or subset shift. Taken overall our findings
529 suggest that, contrary to the above prediction, asymptomatic infection is not characterised
530 by an NK cell response that is magnified compared to that seen in IM. However, we would
531 add two caveats to this conclusion. Firstly it is possible that the key NK cell responses are
532 only transiently reflected in the blood and have simply been missed because of the irregular
533 monitoring of our AS cases, especially in those individuals who (unlike patients with acute
534 IM) have not yet become anti-VCA IgM⁺. Secondly, the composition of NK populations in the
535 blood does not necessarily reflect what is occurring at the presumed site of NK cell action, in
536 oropharyngeal tissues.

537 Little is known about EBV's interaction with other innate immune cell lineages. In this
538 regard the potential importance of myeloid cells, and particularly DCs, is interesting because
539 the virus encodes a unique lytic cycle protein BARF1 which blocks colony stimulating factor
540 CSF-1, a cytokine promoting myeloid cell proliferation/function (51). Moreover, in the
541 macaque model with the EBV-related rhesus-lymphocryptovirus, deletion of the rhesus-
542 BARF1-coding sequence (hence loss of BARF1's immune evasive effects) led to lower acute
543 viral loads (52), implying that the early events of virus infection in vivo are indeed subject to
544 immune pressure from the myeloid lineage. Reasoning that the recently described loss of
545 pDCs and mDCs from acute IM blood (20, 22) might reflect active mobilisation of such an

546 innate response towards the site of infection, as observed in other viral systems (53, 54), we
547 asked whether the same fall in circulating DCs was also detectable in asymptomatic cases.
548 Interestingly both AS1 and AS2, the two asymptomatic infections that were most IM-like in
549 viral load and T cell response kinetics, did indeed show lower pDC and mDC subset
550 representation (as a % of PBMCs) in the primary infection bleed compared to later blood
551 samples. By contrast, AS5 showed no significant change despite equally high circulating EBV
552 genome loads; this is at least consistent with the idea that, in this individual, not only the
553 adaptive but also parts of the innate immune response were delayed.

554 The work was then extended to another reported feature of acute IM, the increase in
555 several pro-inflammatory cytokines/chemokines in plasma (23-26). Screening a range of
556 these candidates, we found that many were elevated in some but not all IM samples; this
557 likely reflects the transient nature of some cytokine/chemokine elevations in IM, with levels
558 rising and falling at particular times even within the disease course itself. By contrast, we
559 identified three markers that appeared less susceptible to such variability, being
560 consistently increased across our panel of acute IM samples: these were IL18, known to
561 induce IFN γ production (55), and IP10 and MIG, both induced by IFN γ (56). Going on to
562 study these markers in the asymptomatic infections, we found some interesting changes
563 though the magnitude of change was always less marked than in IM. Thus the acute
564 infection bleeds of AS1 and AS2 showed slight rises over base-line in IL18 and larger
565 increases in MIG and (for AS1) also in IP10. By contrast, both AS3 and AS4 showed no such
566 effect, possibly because they were sampled relatively early in the course of infection. More
567 interestingly, cytokine levels were also not increased in the high load, acute infection bleed
568 of AS5; however both MIG and IP10 were significantly elevated (compared to earlier and
569 later levels) in the bleed taken at 16 months, just after the peak of the virus-specific CD8⁺ T

570 cell response. This chimes with recent work on the changing transcriptional profile of PBMCs
571 over the course of IM, where upregulation of IFN γ pathway genes strongly correlated with
572 CD8⁺ T cell expansion rather than other parameters (57). We provisionally conclude that, for
573 those cytokines/chemokines that are most markedly elevated during primary EBV infection,
574 the cytokine storm is not a product of the virus infection itself but of the exaggerated
575 immune response to infection.

576 In summary, the present study helps to resolve some of the questions that surround
577 asymptomatic primary infection, notably with respect to latent virus load in the blood,
578 which can be as high as in IM, and the cell-mediated immune response, which may be
579 qualitatively similar to IM but never matches its size. However, our observations also
580 emphasise the need for further, more intense, studies and highlight the challenges such
581 studies face. In particular, one does not know the point at which asymptomatic infection
582 samples are directly comparable with those from IM because the kinetics of infection (virus
583 acquisition, oropharyngeal replication, entry into the circulating B cell pool) may be
584 different in the two situations. Furthermore the present results, albeit from a limited study,
585 strongly suggest that asymptomatic infections themselves do not follow a uniform kinetic
586 path. For example, AS1 was similar to IM patients in mounting a prompt CD8⁺ T cell
587 response to primary infection followed by T cell-dependent IgG antibody response to both
588 VCA and EBNA1; by contrast in AS5, who was caught with an equally high virus load at the
589 time of primary infection, the responses were delayed by at least several months.
590 Intriguingly, these response kinetics did not correlate with anticipated changes in latent
591 virus load; thus, despite mounting a prompt response, AS1 still had a high load in the blood
592 at six months post-infection (though it fell to normal levels after that time), whereas the

593 virus load in AS5 had fallen significantly within three months in the apparent absence of any
594 T cell-mediated response.

595 Interpreting these findings is difficult without a proper understanding of the early events
596 that occur in the oropharynx following oral transmission of the virus (8, 9, 17, 20). Important
597 prospective studies identifying subjects in the 5-7 week prodromal phase of IM have shown
598 that high virus loads in both throat washings and blood do not appear until around the
599 onset of symptoms (20); the authors suggest that a slow smouldering infection of the local B
600 cell system may take weeks before expanding to a magnitude that drives an immune hyper-
601 reaction (20). With respect to that hyper-reaction, evidence both from X-linked
602 lymphoproliferative disease studies (58-60) and from the humanised mouse model (49)
603 strongly suggest that lytically-infected B cells, as opposed to mucosal epithelium, are the
604 main drivers of both the NK and highly-expanded CD8⁺ T cell responses seen in IM. The
605 balance between lytic and latent B cell infection is finely drawn and it seems possible that, if
606 the local environment within the oropharynx favours latency, then the general B cell system
607 might be colonised without putting the NK and T cell systems on high alert. The inference is
608 that, compared to IM, asymptomatic infections would be characterised by lower
609 oropharyngeal replication of the incoming virus, hence a lower lytic antigen load. More
610 broadly, perhaps the most important lesson from this work is that not all asymptomatic
611 infections necessarily follow the same course; while some may be IM-like in the timing and
612 quality of immune responses, others may be quite different and ultimately reveal novel
613 mechanisms of host control.

614

615 **MATERIALS AND METHODS**

616 **Study cohort**

617 Initial blood samples were collected from a total of 448 medical students recruited either
618 between October-December 2007 or between October-December 2009 when entering their
619 degree course. Subject to consent, follow-up samples were collected in year 2
620 (February/March), year 3 (December/January) and year 5 (February-May) of their studies.
621 Additional samples were requested from particular individuals if subsequent assays revealed
622 recent EBV infection. This study was approved by the West Midlands (Edgbaston) Research
623 Ethics Committee (REC reference 07/H1208/40) and participants gave written informed
624 consent in accordance with the Declaration of Helsinki.

625

626 **Sample collection and preparation**

627 PBMCs were isolated from a 20 ml heparinised blood sample by Ficoll/Hypaque density
628 gradient centrifugation. In each case, an aliquot of $1-2 \times 10^6$ PBMCs was frozen for later DNA
629 extraction to determine HLA genotype and EBV viral genome loads, while the remaining
630 PBMCs were cryopreserved as duplicate ampoules in RPMI1640, 20% FCS, 10% DMSO.
631 Plasma was frozen down to identify EBV and CMV serostatus. These samples were studied
632 in parallel with cryopreserved PBMC and frozen plasma samples collected prospectively
633 from IM patients during acute phase and at later times after resolution of symptoms (16,
634 61). Full blood counts to determine lymphocyte numbers were performed at the
635 Haematology laboratory, Queen Elizabeth Hospital, Birmingham.

636

637 **Determining EBV and CMV serostatus**

638 Serial dilutions of plasma were assayed for the presence of IgM and IgG antibodies to EBV-
639 VCA by indirect immunofluorescence as described (62); as VCA-positive and negative target
640 cells, the Akata-BL and EBV-loss Akata-BL lines were used in the IgM assay, and the P3HR1

641 and BJAB lines in the IgG assay. IgG antibody titres to EBNA1 were determined using a
642 commercially available diagnostic ELISA according to the manufacturer's instructions
643 (Diamedix, Miami FL). CMV serostatus was determined as described (63).

644

645 **Determining EBV viral genome load in PBMC**

646 Genomic DNA was isolated from PBMC pellets using the GenElute™ Blood Genomic DNA Kit
647 (Sigma-Aldrich) according to manufacturer's instructions. DNA was eluted into 80 µL buffer,
648 quantified using a Nanodrop and stored at -20°C. A multiplex qPCR assay which
649 simultaneously amplifies EBV BALF5 (DNA Pol) and cellular beta-2-microglobulin sequences
650 was used to determine the EBV genome load (64); four replicate samples of 500 ng DNA
651 (each equivalent to 1.5×10^5 cells) were assayed for each PBMC preparation. All standards
652 and samples were tested in triplicate and the data analysed using SDS v1.4 software.

653

654 **Flow cytometric analysis of EBV-specific and total T cell populations**

655 Tetramers were used to identify and analyse the surface marker phenotype of EBV-specific
656 CD8⁺ T cells. In addition to CD3 and CD8, cell surface CD45RA and CCR7 were used to
657 identify the naïve (CD45RA⁺ CCR7⁺), central memory (CD45RA⁻ CCR7⁺), effector memory
658 (CD45RA⁻ CCR7⁻) and revertant memory (CD45RA⁺ CCR7⁻) T cell subsets. Staining for cell
659 surface HLA-DR and CD38 and for intracellular Bcl2 was used to identify activated (HLA⁻DR⁺
660 CD38⁺ Bcl2^{low}) T cells. Tetramer staining identified CD8⁺ T cells specific for the following
661 epitopes derived from individual EBV lytic or latent cycle proteins (see below) and restricted
662 either through HLA-A*0201: YVLDHLIVV (lytic, BRLF1), GLCTLVAML (lytic, BMLF1), LLIEGIFFI
663 (lytic, BaRF1), CLGGLTMV (latent, LMP2); or through HLA-B*0702: RPRATWIQEL (lytic,

664 BaRF1), TPSVSSSISSL (lytic, BFRF3), RPPIFIRRL (latent, EBNA3A) (14). Epitopes are henceforth
665 designated by their initial three residues (underlined).

666 Tetramer and antibody staining was performed on cryopreserved PBMCs as follows. Cells
667 were thawed and stained with LIVE/DEAD fixable Aqua Dead Cell Stain (Molecular Probes,
668 ThermoFisher Scientific) for 15 min at room temperature, washed and stained with
669 tetramer-PE for 15 min at 37°C. Following two further washes, surface staining with anti-
670 CD14-Pacific Green (Clone SJ25-C1), anti-CD19-Pacific Green (Clone Tük4) (both from
671 Molecular Probes, ThermoFisher Scientific), anti-CD3-BV786 (Clone SK7), anti-CD8-APC-H7
672 (Clone SK1), anti-CD45RA-BV605 (Clone HI100), anti-CD45RO-BV711 (Clone UCHL1) (all from
673 BD Biosciences) , anti-CD38-PerCP-Cy5.5 (Clone HIT2), anti-HLA-DR-APC (Clone L243) (both
674 from BioLegend) and anti-CCR7-FITC (Clone 150503 from R&D Systems) was performed in
675 Brilliant Stain Buffer (BD Biosciences) for 30 min at 4°C. Following fixing and
676 permeabilisation using the Cytofix/Cytoperm kit (BD Biosciences), intracellular staining with
677 anti-Ki67-BV421 (Clone B56) and anti-Bcl-2-PE-CF594 (Clone 563601) (both from BD
678 Biosciences) was performed in Brilliant Stain and Perm/Wash buffer (both from BD
679 Biosciences) for 30 min at 4°C.

680 Flow cytometry data were acquired with an LSR Fortessa X20 Analyser (BD Biosciences)
681 with standard filter sets. Data were analysed using Kaluza 1.3 software (Beckman Coulter)
682 and figures were created using FlowJo software (Treestar). CD3⁺ T cells were gated on
683 within the single, viable, CD14⁻ CD19⁻ lymphocyte population before CD8⁺ T cells and CD8⁺
684 tetramer⁺ cells were selected for further analysis of surface and/or intracellular marker
685 expression.

686

687 **Flow cytometry-based analysis of NK cells and DCs**

688 PBMCs were thawed and washed twice in R10 medium (RPMI-1640 (Sigma Aldrich)
689 containing 10% FBS, 50 IU/ml penicillin and 50 µg/ml streptomycin). Cells were counted and
690 resuspended in R10 at a concentration of 2×10^6 cells/ml. NK cells were identified by
691 staining 2×10^5 PBMCs with Live/Dead Violet Amine Dye (Life Technologies); anti-CD19
692 Pacific Blue (PB) (Clone LT19, AbD Serotec); anti-CD3 PB (Clone SP34-2), anti-CD14 PB (Clone
693 M5E2) and anti-CD56 PECy7 (Clone B159) (all from BD Bioscience) and gating on live,
694 lineage-negative lymphocytes expressing CD56 (Fig. 6A). Receptor expression on CD56⁺ NK
695 cells and subsets thereof was evaluated using the following antibodies: anti-CD158a/h biotin
696 (KIR2DL1/S1 Clone 11PB6, Miltenyi), anti-CD158b (KIR2DL2/L3/S2 Clone CH-L, BD
697 Bioscience); anti-CD158e1/e2 (KIR3DL1/S1 Clone Z27) and anti-NKG2A PE (Clone Z199) (both
698 from Beckman Coulter), and anti-HLA-DR-APC (Clone L243) (BioLegend). Streptavidin Pacific
699 Orange (Life Technologies) was used to detect anti-CD158a/h biotin. Intracellular expression
700 of Ki67 and Bcl2 was assayed as described above for T cells.

701 DC subsets were identified by staining 5×10^5 PBMCs with Live/Dead Violet Amine Dye
702 (Life Technologies), anti-HLA-DR Peridin chlorophyll protein (PerCP) (Clone L243, BD
703 Bioscience), anti-CD123 PECy7 (Clone 7G3, eBioscience), anti-CD11c APC-H7 (custom
704 conjugate, ReaMetrix), anti-CD3 (Clone SP34-2), anti-CD14 PB (Clone M5E2), anti-CD16 PB
705 (Clone 3G8) all from (BD Bioscience); anti-CD19 PB (Clone LT19), anti-CD20 (Clone 2H7)
706 (both from AbD Serotec); and anti-CD56 PB (custom conjugate, ReaMetrix), gating on live,
707 lineage negative mononuclear cells expressing HLA-DR⁺ cells, then identifying pDC and mDC
708 subsets within this population on the basis of differential expression of CD123 and CD11c
709 (Fig. 7A).

710 Flow cytometry data were acquired with a Cyan ADP Analyser (Beckman Coulter) with
711 standard filter sets. Data were analysed using FlowJo software (v8.8.6; Treestar).

712

713 **Plasma cytokine assays**

714 Plasma levels of IFN β , IFN γ , IL1 β , IL6, IL10, IL12, IL18, TNF α , MIG/CXCL9 and IP-10/CXCL10
715 were determined by Luminex assay as described (65).

716

717 **Statistical tests**

718 All graphical data and statistical analyses were generated using Prism software version 5
719 (GraphPad Software Inc., San Diego, Calif.). The statistical significance of differences
720 between values measured at the first viraemic time point and time points after 6 months in
721 each group of subjects was determined using a Mann-Whitney non-parametric test; p values
722 <0.05 were considered significant.

723

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731

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947

948

949 **Table 1** Longitudinal viral loads, CD8 responses and serological profiles of donors AS1 and
 950 AS2

Donor ^a	Time (months) ^b	EBV load ^c	Lymphocytes (10 ⁶ /ml)	CD8+ (%) ^d	Activated CD8+ (%) ^e	EBV CD8 responses			EBV serology		
						EBV tetramer	Tetramer+ of CD8+ (%)	Activated tetramer+ (%)	EBV VCA IgM titre	EBV VCA IgG titre	EBNA1 IgG index value
AS1	0	15600	1.3	30	39.0	RPR	6.41	85.0	1/20	negative	negative
						RPP	0	0			
						TPS	0	0			
	+5	6020	1.7	25	2.1	RPR	0.92	0.4	1/20	1/320	3.9
						RPP	0.47	5.9			
						TPS	0.20	21.6			
	+17	847	3.4	22	0.5	RPR	0.56	0.8	negative	1/320	16.3
						RPP	0.34	0			
						TPS	0.14	9.7			
	+55	140	1.6	18	0.4	RPR	0.11	0	negative	1/320	12.8
						RPP	0.08	0			
						TPS	0.06	0			
AS2	-27	0	2.3	27	1.6	YVL	0	0	negative	negative	negative
						GLC	0	0			
						LLI	0	0			
						CLG	0	0			
	0	11350	4.1	46	45.0	YVL	1.13	96.0	1/5	1/80	negative
						GLC	0.38	94.0			
						LLI	0.09	72.0			
						CLG	0	0			
	+25	350	2.8	27	0.5	YVL	0.07	3.1	negative	1/320	14.5
						GLC	0.09	3.9			
						LLI	0.02	0			
						CLG	0	0			

951 ^aDonor HLA types: AS1 A1, A3, B7, B13; AS2 A2, A11, B40, B44

952 ^bTime in months since primary infection

953 ^cEBV genome copies per 10⁶ PBMCs

954 ^dCD8⁺ as % total lymphocytes

955 ^eHLA-DR⁺ CD38⁺ CD8⁺ cells as % total CD8⁺ cells

956

957 **Table 2** Longitudinal viral loads, CD8 responses and serological profiles of donors AS3 and
 958 AS4

Donor ^a	Time (months) ^b	EBV load ^c	Lymphocytes (10 ⁶ /ml)	CD8+ (%) ^d	Activated CD8+ (%) ^e	EBV CD8 responses			EBV serology		
						EBV tetramer	Tetramer+ of CD8+ (%)	Activated tetramer+ (%)	EBV VCA IgM titre	EBV VCA IgG titre	EBNA1 IgG index value
AS3	0	770	1.9	18	0.5	RPR	0	0	negative	negative	negative
						TPS	0	0			
						RPP	0	0			
						YVL	0	0			
						GLC	0	0			
						LLI	0	0			
	+27	420	1.9	21	1.0	RPR	0.26	0	negative	1/40	2.8
						TPS	0.05	0			
						RPP	0.05	0			
						YVL	0.06	0			
						GLC	0.06	7.7			
						LLI	0	0			
	+51	0	1.8	24	0.2	RPR	0.12	0	negative	1/40	5.1
						TPS	0.01	0			
						RPP	0.02	0			
AS4	-9	0	1.9	24	0.4	RPR	0.00	0.0	negative	negative	negative
						TPS	0.00	0.0			
						RPP	0.00	0.0			
	0	1030	1.8	25	1.9	RPR	0.33	35.3	negative	negative	negative
						TPS	0.00	0.0			
						RPP	0.00	0.0			
+26	0	2.0	26	1.2	RPR	0.07	0.0	negative	1/80	30.1	
					TPS	0.01	0.0				
					RPP	0.50	1.5				

959 ^aDonor HLA types: AS3 A1, A2, B7, B57; AS4 A24, A25, B7, B18

960 ^bTime in months since primary infection

961 ^cEBV genome copies per 10⁶ PBMCs

962 ^dCD8⁺ as % total lymphocytes

963 ^eHLA-DR⁺ CD38⁺ CD8⁺ cells as % total CD8⁺ cells

964

965 **Table 3** Longitudinal viral loads, CD8 responses and serological profiles of donor AS5

Donor ^a	Time (months) ^b	EBV load ^c	Lymphocytes (10 ⁶ /ml)	CD8+ (%) ^d	Activated CD8+ (%) ^e	EBV CD8 responses			EBV serology		
						EBV tetramer	Tetramer+ of CD8+ (%)	Activated tetramer+ (%)	EBV VCA IgM titre	EBV VCA IgG titre	EBNA1 IgG index value
AS5	0	13450	1.4	26	0.5	YVL	0	0	1/20	negative	negative
						GLC	0	0			
						LLI	0	0			
	+3	180	1.4	31	0.3	CLG	0	0	1/10	negative	negative
						YVL	0	0			
						GLC	0	0			
	+16	160	3.9	32	2.8	LLI	0	0	negative	1/160	negative
						YVL	0.69	6.9			
						GLC	0.73	9.1			
	+26	0	3.3	32	1.3	LLI	0.73	4.3	negative	1/160	2.9
						CLG	0	0			
						YVL	0.26	5.0			
+54	0	3.4	30	0.6	GLC	0.46	2.1	negative	1/160	1.7	
					LLI	0.20	1.5				
					CLG	0.06	21.0				
					YVL	0.23	0	negative	1/160	1.7	
					GLC	0.31	0				
					LLI	0.16	0				
					CLG	0.04	0				

966 ^aDonor HLA type: A2, A31, B40, B44967 ^bTime in months since primary infection968 ^cEBV genome copies per 10⁶ PBMCs969 ^dCD8⁺ as % total lymphocytes970 ^eHLA-DR⁺ CD38⁺ CD8⁺ cells as % total CD8⁺ cells

971

972 **Table 4** Longitudinal viral loads, CD8 responses and serological profiles of acute IM cases

Donor ^a	Time (months) ^b	EBV load ^c	Lymphocytes (10 ⁶ /ml)	CD8+ (%) ^d	Activated CD8+ (%) ^e	EBV CD8 responses			EBV serology ^f		
						EBV tetramer	Tetramer+ of CD8+ (%)	Activated tetramer+ (%)	EBV IgM VCA titre	EBV IgG VCA titre	IgG EBNA1 index value
IM221	0	1270	3.3	76	83.1	YVL	2.10	97.4	1/40	1/80	negative
						GLC	0.07	57.6			
						LLI	1.92	90.9			
	+19	640	1.1	35	10.8	YVL	0.46	16.1	negative	1/160	19.4
						GLC	0.20	7.1			
						LLI	0.46	11.0			
	+29	130	0.7	32	8.2	YVL	0.54	14.5	negative	1/80	16.8
						GLC	0.26	17.4			
						LLI	0.29	17.2			
IM232	0	19290	8.8	74	80.3	YVL	0.05	87.2	Not done		
						GLC	0.34	96.4			
						LLI	0	0			
	+15	49	1.8	29	0.9	YVL	0.06	0	negative	1/160	1.7
						GLC	1.80	1.8			
						LLI	0.02	0			
	+24	111	1.5	25	0.6	YVL	0.05	7.1	negative	1/640	2.1
						GLC	0.75	1.5			
						LLI	0	0			
+76	0	2.5	28	0.4	YVL	0.07	0	negative	1/640	3.5	
					GLC	1.36	0.3				
					LLI	0.01	0				
IM253	0	5010	5.0	76	95.3	RPR	7.07	98.7	1/320	1/160	negative
						TPS	0	0			
						RPP	0.44	99.5			
	+7	8740	0.9	37	6.1	RPR	1.77	2.3	negative	1/160	16.0
						TPS	0.74	26.3			
						RPP	2.23	4.1			
	+19	5800	0.7	28	6.9	RPR	1.03	2.7	negative	1/80	31.5
						TPS	0.55	8.2			
						RPP	1.39	4.1			
IM265	0	21650	3.3	60	76.9	RPR	3.62	91.5	1/40	1/80	negative
						TPS	0	0			
						RPP	1.21	99.5			
	+5	5420	0.6	26	2.2	RPR	0.70	2.7	negative	1/80	4.8
						TPS	0.25	18.5			
						RPP	0.30	17.7			
	+19	1310	1.2	27	1.4	RPR	0.23	4.8	negative	1/160	21.0
						TPS	0.24	3.1			
						RPP	0.29	7.7			

973 ^aDonor HLA types: IM221 A1, A2, B8, B44; IM232 A2, A3, B8, B27; IM253 A3, A24, B7, B37; IM265 A23, A26, B7, B44974 ^bTime in months since primary infection975 ^cEBV genome copies per 10⁶ PBMCs976 ^dCD8⁺ as % total lymphocytes977 ^eHLA-DR⁺ CD38⁺ CD8⁺ cells as % total CD8⁺ cells978 ^fIM221, IM253 CMV-seronegative; IM265 CMV-seropositive; IM232 not tested

979 **FIGURE LEGENDS**

980 **Fig 1** EBV genome loads in long term virus carriers and cases of primary infection. Virus
981 loads are reported as EBV genome copies per 10^6 PBMCs for 276 anti-VCA IgG⁺ virus
982 carriers, six cases of asymptomatic primary infection (AS1-6) from the same student cohort,
983 and 21 acute IM patients included for reference. Median viral loads (horizontal bars) for the
984 232 of 276 anti-VCA IgG⁺ virus carriers with detectable EBV DNA, for AS1-6, and for the 21
985 IM patients were 103, 6190 and 7350 EBV genome copies per 10^6 PBMCs, respectively. Data
986 points below the dotted line identify the 44 anti-VCA IgG⁺ virus carriers who had
987 undetectable EBV loads. Not shown are data from 166 anti-VCA IgG⁻ individuals in the same
988 student cohort; all 166 had, as expected, undetectable viral loads.

989

990 **Fig 2** Longitudinal analysis of the B*0701/RPR lytic epitope response in donor AS1. PBMCs
991 were obtained from donor AS1 at the time of asymptomatic infection (AS1.1) and again 5,
992 17 and 55 months later (AS1.2, AS1.3 and AS1.5 respectively) and screened for responses
993 against the B*0701/RPR lytic epitope derived from BaRF1. The left hand column shows the
994 CD8/tetramer staining profiles of the CD3⁺ T cell population. The remaining plots show the
995 phenotypic profiles of the whole CD8⁺ T cell population (grey dots) and of the RPR-specific
996 CD8⁺ T cells (red dots) after co-staining for HLA-DR and CD38, for Bcl2 and the RPR-tetramer,
997 and for CCR7 and CD45RA. Red numbers show the % distribution of RPR-specific cells across
998 the four quadrants.

999

1000 **Fig 3** Longitudinal analysis of the A*0201/YVL lytic epitope response in donor AS2. PBMCs
1001 were obtained from donor AS2 27 months before infection (AS2.1), at the time of
1002 asymptomatic infection (AS2.3) and again 25 months later (AS2.5) and screened for

1003 responses against the A*0201/YVL lytic epitope from BRLF1. The left hand column shows
1004 the CD8 tetramer staining profiles of the CD3⁺ T cell population. The remaining plots show
1005 the phenotypic profiles of the whole CD8⁺ T cell population (grey dots) and of the YVL-
1006 specific CD8⁺ T cells (red dots) after co-staining for HLA-DR and CD38, for Bcl2 and the YVL-
1007 tetramer, and for CCR7 and CD45RA. Red numbers show the % distribution of YVL-specific
1008 cells across the four quadrants.

1009

1010 **Fig 4** Longitudinal analysis of the delayed EBV lytic epitope responses in donor AS5. PBMCs
1011 were obtained from donor AS5 at the time of asymptomatic infection (AS5.1) and again 3,
1012 16, 26 and 54 months later (AS5.2, AS5.3, AS5.4 and AS5.5 respectively) and screened for
1013 responses against the A*0201/GLC lytic epitope from BMLF1 (**A**) and the A*0201/CLG latent
1014 epitope from LMP2 (**B**). In each case, the left hand column shows the CD8 tetramer staining
1015 profiles of the CD3⁺ T cell population. The remaining plots show the phenotypic profiles of
1016 the whole CD8⁺ T cell population (grey dots) and of the tetramer-specific CD8⁺ T cells after
1017 co-staining for HLA-DR and CD38, for Bcl2 and the relevant tetramer, and for CCR7 and
1018 CD45RA. Red numbers show the % distribution of GLC- or CLG-specific cells across the four
1019 quadrants.

1020

1021 **Fig 5** Longitudinal analysis of CD8⁺ T cells in IM patients and in cases of asymptomatic
1022 infection. Shown are the proportion of CD8⁺ T cells within the lymphocyte population over
1023 time for four IM patients (IM221, IM232, IM253, IM265; left hand graph) and for
1024 asymptomatic infection cases AS1-5 (individual graphs). In each case, the time of primary
1025 infection is indicated by the vertical red dotted line. The scatter plots (right hand panel)
1026 show the ratio of the proportion of CD8⁺ T cells at the time of primary infection to the mean

1027 proportion of CD8⁺ T cells at time points more than 6 months later (1°/recovery) for both IM
1028 and AS groups.

1029

1030 **Fig 6** Longitudinal analysis of NK cell subsets in IM patients and in cases of asymptomatic
1031 infection. **(A)** Gating strategies for flow cytometric analysis to identify total NK cells (defined
1032 as live lineage⁻ CD56⁺ cells), CD56^{bright} cells, CD56^{dim} cells and CD56^{dim} NKG2A⁺ KIR⁻ cells
1033 within the lymphocyte population. The staining shown is from a representative
1034 asymptomatic subject (AS2) 27 months before detection of viraemia. **(B)** Longitudinal bleeds
1035 from five IM patients (IM221, IM225, IM232, IM253 and IM265) and asymptomatic infection
1036 cases AS1-5 were analysed by multi-parameter flow cytometry to determine the percentage
1037 of CD56⁺ NK cells within lymphocytes, the percentage of CD56^{bright} NK cells within the
1038 circulating CD56⁺ NK population, and the percentage of NKG2A⁺ KIR⁻ cells in the CD56^{dim} NK
1039 cell population. Combined IM and individual AS1-5 results are displayed as in Fig. 5, with the
1040 time of primary infection identified by a vertical red dotted line. The scatter plots (right
1041 hand column) show the ratio of the proportion of each subset at the time of primary
1042 infection to the mean proportion at time points more than 6 months later (1°/recovery) for
1043 both IM and AS groups.

1044

1045 **Fig 7** Longitudinal analysis of DC subsets in IM patients and in cases of asymptomatic
1046 infection. **(A)** Gating strategy for flow cytometric analysis of DC populations to identify total
1047 mDCs (defined as live lineage⁻ HLA-DR⁺ CD11c^{high} CD123⁻ cells) and pDCs (defined as live
1048 lineage⁻ HLA-DR⁺ CD11c^{low} CD123^{high} cells) within mononuclear cells. The staining shown is
1049 from a representative asymptomatic subject (AS2) 27 months before detection of viraemia.
1050 **(B)** Longitudinal bleeds from five IM patients (IM221, IM225, IM232, IM253 and IM265) and

1051 asymptomatic infection cases AS1-5 were analysed by multi-parameter flow cytometry to
1052 determine the percentage of pDCs and mDCs within circulating mononuclear cells.
1053 Combined IM and individual AS1-5 results are displayed as in Fig. 5, with the time of primary
1054 infection identified by a vertical red dotted line. The scatter plots (right hand panels) show
1055 the ratio of the proportion of each subset at the time of primary infection to the mean
1056 proportion observed at time points more than 6 months later (1°/recovery) for both IM and
1057 AS groups.

1058

1059 **Fig 8** Longitudinal analysis of IL18, IP-10 and MIG in plasma samples from IM patients and in
1060 cases of asymptomatic infection. Longitudinal PBMC samples from five IM patients (IM221,
1061 IM225, IM248, IM253 and IM265) and asymptomatic infection cases AS1-5 were analysed
1062 for the concentrations of IL18, IP-10 and MIG in plasma. Combined IM and individual AS1-5
1063 results are arranged as in Fig. 5, with the time of primary infection identified by a red dotted
1064 line. The scatter plots (right hand panels) show the ratio of the quantity of each analyte at
1065 the time of primary infection to the mean quantity observed at time points more than 6
1066 months later (1°/recovery) for both IM and AS groups.















