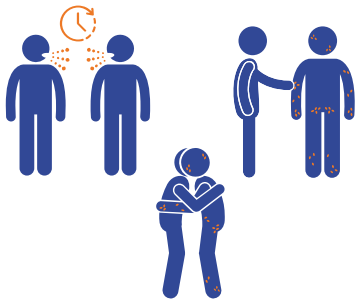


MPOX

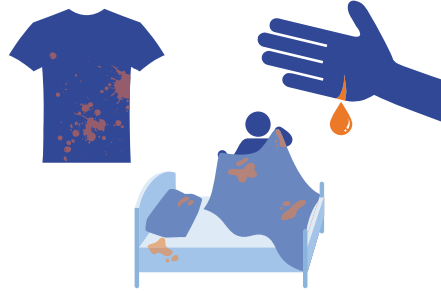
(formerly known as monkeypox)

Mpox disease is caused by a virus.

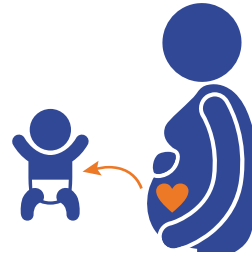
TRANSMISSION



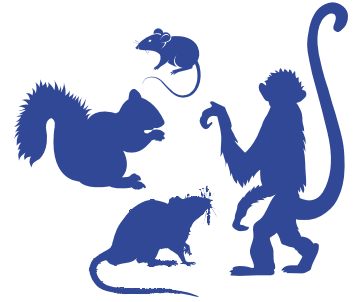
Human to human



Contact with contaminated materials



Pregnant person to the baby



Animal to human

SYMPTOMS

People become sick between 5 and 21 days after they have contact with the mpox virus. Occasionally, the disease is severe.

FIRST SYMPTOMS:



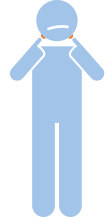
Fever



Headache/
muscle aches



Backache



Swollen
lymph nodes



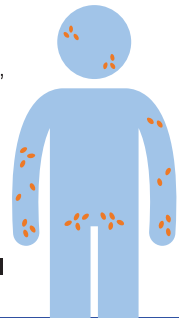
Chills



General discomfort
and exhaustion

THEN A RASH:

Can be anywhere - face, mouth, arms, hands, legs, body, and genital area. Starts flat, becomes bumps, then blisters with clear fluid. Fluid turns white. Blisters crust and fall off.



People are infectious until all crusts have fallen off.

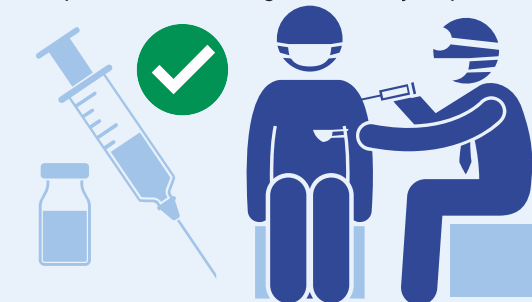
TREATMENT

Mild cases require supportive treatment. Antivirals are increasingly available. Immunoglobulins are also used.

Prevention is mainly through vaccination, observing good personal hygiene and washing hands well and frequently.

Vaccination

Vaccination is becoming increasingly available. It requires two doses given 28 days apart.



Contact your doctor if you think you may have been exposed to mpox.

Continue to take precautions to avoid getting infected or spreading mpox.

Other Preventive Measures

- Avoid close skin to skin contact with people who have a rash.
- Avoid contact with items used by a person with mpox.
- Limit the number of sexual partners.
- Minimise skin to skin contact as much as possible when attending crowded events.
- Wear condoms for 12 weeks after recovering from mpox.

Prevention in areas where mpox is present in animals:

- Avoid contact with wild animals.
- Avoid touching objects which have been in contact with animals.
- Avoid preparing or eating "bush meat" (wild game).



Keep up to date with news and information from the International SOS dedicated website: <https://pandemic.internationalsos.com/diseases/monkeypox>