



WHAT IS MPOX?

Mpox is a zoonotic disease, which means it can spread between animals to humans. It can also spread from humans to humans. It is caused by the mpox virus.

I. How is it transmitted?

From animals to humans through contact with infected animals.
It includes:

- 1 Bites or scratches
- 2 Eating and touching infected animals

From humans to humans through close physical contact with infected persons.
It includes:

- 1 Non-sexual contact with an infected person e.g. child - parent contact
- 2 Direct exposure of mucous membranes, such as those found in the mouth, vagina, and rectum
- 3 Direct exposure of skin, especially broken skin
- 4 Inhalation of infectious particles into the respiratory tract
- 5 Sexual contact with an infected person
- 6 Sharing clothes with an infected person

II. What are the common symptoms?

- 1 Rash
- 2 Fever
- 3 Sore throat
- 4 Headache
- 5 Muscle aches
- 6 Back pain
- 5 Low energy
- 6 Swollen lymph nodes

When do the symptoms appear after a contact with an infected human or animal?

Usually 7 to 21 days



III. What are the ways to prevent mpox?


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1 Avoid animals that may carry the virus
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2 Clean your hands frequently with soap and water or an alcohol-based hand rub
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3 Get vaccinated
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4 Avoid close contact with anyone who has mpox, especially sexual contact
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6 Avoid eating and handling dead animals
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7 Get informed and know the symptoms



VIII. What to do if you or someone close to you has symptoms?

Seek early care from health care professionals and isolate



IV. How to manage mpox symptoms?

Currently there is no treatment approved specifically for monkeypox virus (MPXV) infections.

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1 Your healthcare worker will give you the right medicine to relieve your pain (Palliative care)
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2 Stay hydrated by drinking plenty of fluids
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3 Self-isolate -Keep away from others to stop the spread of the virus

V. Who is at risk of getting mpox?

Everyone is at risk

High risk ▼

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1 Children (50-60% of infection are reported among children)
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2 Pregnant women
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3 People with immune deficiencies such as people living with HIV (PLWHIV)
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4 People with multiple sex partners
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4 Healthcare workers