

Monkeypox (Mpox)

The facts, the myths and symptoms



Anyone can become infected with Mpox if they come into direct contact with infective from:

- being in close contact with an infected person either by kissing, touching, having sex or breathing in droplets from a cough or sneeze
- touching contaminated materials such as clothing, bedding, needles, tissues or wash cloths
- being scratched by or bitten by infected animals
- touching infected animals or their meat
- pregnant persons infecting their unborn babies

Additionally, people who have multiple sexual partners have a higher risk of being exposed to Mpox.

Symptoms can start within one to three weeks of being exposed. The most common symptom is a rash that can spread all over the body. It begins as flat sores, which then develop into blisters filled with fluid. The rash is usually itchy and sore. As it heals, the rash dries up and crusty scabs develop.

Other symptoms of Mpox include:

fever

sore throat

headaches

body aches

tiredness

swollen lymph nodes



Pregnant people, those living with HIV and with other medical conditions are at a higher risk of becoming severely ill from Mpox.

It is important to seek medical attention if you are at all suspicious because Mpox can be fatal if not diagnosed early and treated correctly.

Diagnosis and treatment

A diagnosis is made by swabbing the fluid in the rash and testing it.

Antiviral medications and support are given as part of treatment, which includes:

- treating other present infections
- maintaining hydration
- managing pain and fever
- isolation to limit the spread of the infection

What steps can I take to limit the spread of Mpox?

You can get vaccinated against Mpox. It is recommended for people who are at a high risk of exposure and can also be given to those who have already been in contact with Mpox. Ask your doctor or local clinic for more information.

Here are some other steps you can take:

- 1 wash hands often and disinfect surfaces
- 2 stay at home when you feel unwell
- 3 wear a mask when you are in public
- 4 cover up rashes and lesions when you are in shared spaces
- 5 wash infected clothes and bedding separately to those of non-infected individuals
- 6 practice safe sex and avoid multiple sexual partners