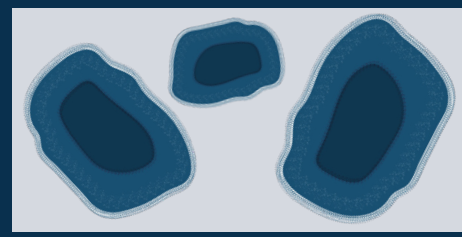


MPOX (Monkeypox)



What is mpox?

Mpox is a virus that can spread from animal to person and person to person. It is closely related to the orthopoxvirus that causes smallpox but results in less severe illness.

What are the symptoms?

People typically develop symptoms 6-13 days after they're exposed to the virus, but onset can range from 5-21 days. Infection occurs in 2 phases: **invasion** and **skin eruption**.

- **Invasion** begins with flu-like symptoms such as fever, headache, muscle aches, backache, chills, and fatigue. One distinct symptom at this phase is swollen lymph nodes. This lasts 0-5 days.

- **Skin eruption** typically starts 1-3 days after the invasion fever begins. It is characterized by skin lesions that begin on the face and spread to the rest of the body, including the inside of the mouth, hands, feet, chest, genitals, or anus.

Symptoms last 2-4 weeks. More serious illness occurs in children and those who are immunocompromised. Depending on the strain, death can occur in 0-11% of cases.

Where does it come from?

The virus is naturally occurring in central and west Africa but there have recently been cases around the world with no reported travel to these areas. Natural hosts of the virus include African species of squirrels, Gambian pouched rats, African, Asian, and European dormice, and non-human primates.

How can I prevent myself/others from getting sick?

- Avoid contact with animals that may be infected (including sick or dead animals, especially in areas where mpox has been confirmed)
- Avoid contact with materials, such as bedding or clothing, that have been in contact with a sick animal or person
- Practice good hand hygiene (wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer)
- Clean and disinfect any contaminated surfaces and dispose of contaminated waste appropriately
- Wear a mask when handling contaminated clothing or bedding. Wash contaminated items with warm water and detergent
- Limit contact with people who have suspected or confirmed mpox
- Isolate ill individuals away from others and use appropriate protective equipment when caring for someone with mpox. If you need to have contact with someone who has mpox, encourage the infected person to cover skin lesions and wear a medical mask. You also should wear a mask and avoid skin-to-skin contact if possible. If you can't avoid having direct contact with lesions, use disposable gloves

If you have been in contact with someone who has tested positive for mpox, public health may reach out to you with instructions on how to monitor for symptoms. If you have an exposure and develop symptoms, you should self-isolate immediately and contact your local health department and primary care physician for guidance.



How does it spread?

Mpox is spread when a person has contact with respiratory secretions, bodily fluids, or skin lesions of an infected animal or person, or has contact with a recently contaminated object such as clothing or bedding. This can occur during close physical contact, including sexual contact. Transmission can also occur during pregnancy from mother to fetus through the placenta or from close contact during and after birth.

What should I do if I think I have mpox?

People who have recently travelled to or from areas where mpox has been reported or who have had close contact with a person who has or may have mpox are at higher risk of contracting mpox. If you have symptoms and/or have reason to believe you have mpox, reach out to your health care provider and self-isolate, if possible. Your health care provider may swab skin lesions to test for and confirm the presence of mpox.

Can mpox be treated?

Mpox is self-limiting, meaning an infected person, under the supervision of a medical professional, usually recovers without treatment. Take care of any lesions by letting them dry if possible or covering them with a moist dressing to protect the area. Avoid touching sores in the mouth or eyes. There are no pharmaceutical treatments specific to mpox available at this time, however, smallpox antivirals or vaccinia immune globulin may be considered for use, particularly for those with severe symptoms or who may be at risk of poor outcomes. The last natural case of smallpox occurred in 1977 and smallpox was declared eradicated in 1980 but the vaccines have shown 85% effectiveness at preventing mpox. Smallpox vaccines were last given to the general US public in 1972.

What is currently known about mpox cases being found around the world?

Since May 2022, mpox cases have been identified in several countries where mpox is not regularly found. The type of mpox spreading in these areas rarely causes death. Public health investigation is ongoing to determine how mpox is being transmitted and what actions can be taken to further prevent the spread. In contrast to typical mpox, some recently reported cases have not begun with flu-like symptoms but instead with a mpox-like rash in the genital region.

For more information from the CDC about the current mpox outbreak, go to www.cdc.gov/poxvirus/monkeypox/outbreak/current.html

For more information:

CDC:

- **General:** www.cdc.gov/poxvirus/monkeypox/index.html

WHO:

- **General:** https://www.who.int/health-topics/monkeypox#tab=tab_1
- **Outbreak Updates:** www.who.int/emergencies/emergency-events/item/2022-e000121

