

## How can I protect myself and others against Mpox?

The following are ways you can reduce the risk of infection from one person to another:-

- Avoid close contact with infected persons
- Wash hands with soap and water or use alcohol - based hand sanitizer
- Stay home if you are feeling sick. You should isolate yourself from others until the sores on the skin are healed
- Avoid skin-to-skin contact with a patient suspected to have Mpox
- Wear a face mask to cover the nose and mouth
- Isolate infected patients from other people
- Avoid contact with beddings that have been in contact with a person with Mpox
- Use a condom when having sexual intercourse
- Avoid having multiple sexual partners
- Protect yourself when looking after a person that is showing signs and symptoms of Mpox

## How to reduce the risk of infection from animals-to-human

- Cook animal meat adequately before eating
- Avoid contact with animals that could carry the virus especially those that are sick or dead, including their meat or blood
- Isolate animals that are potentially infected with Mpox (immediate quarantine)
- Report sick or dead animals to the Veterinary department

## What to do if you suspect you or anyone has Mpox

- Go to the nearest health facility as soon as you suspect you or any member of your family or community has Mpox
- You can also call the toll free number 909



# WHAT YOU NEED TO KNOW ABOUT **MPOX**

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## What is Mpox?

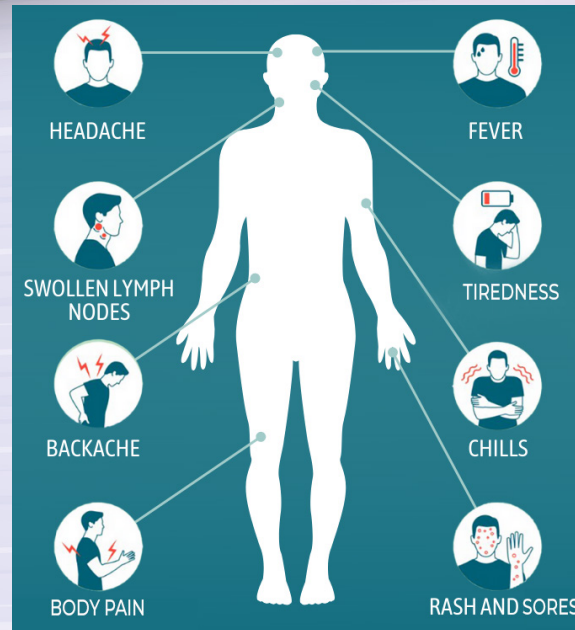
Mpox is a disease caused by the Monkeypox virus. The disease can cause a rash resembling pimples or blisters and is accompanied by flu like symptoms. Mpox can be spread from animals to humans and can also be passed from one person to another.

## How is Mpox spread?

- Mpox is spread from animals -to-humans through direct contact with blood, skin and other bodily fluids of infected animals
- Eating meat that is not adequately cooked and other animal products of infected animals
- Through close contact with body fluids such as saliva, semen, mucus, tears, sweat, blood and respiratory droplets

## What are the signs and symptoms of Mpox?

- Fever
- Severe headache
- Swollen glands (lymph nodes)
- Muscle pains and backache
- Feeling weak
- A Skin rash
- Sore eyes
- Pain in the rectum.
- Pain and difficulty in urinating.



- Contact with the pimples or blisters that appear on the body of a person with Mpox disease
- Contact with beddings, towels, clothing, surfaces and other objects that have been used by a person with Mpox and have not been disinfected
- Close physical contact with someone who has Mpox symptoms such as face-to-face contact such as touching or hugging
- Skin to skin contact during sexual intercourse
- Mother-to-child transmission - This can be before, during and after birth

## Who is at risk of getting Mpox?

- Everyone is at risk of getting Mpox, however new born babies, children and people with low immunity levels are at higher risk (e.g. people with cancer, diabetes, TB, HIV)

Other people also at risk are:

- Pregnant women
- Health workers
- People who live with or have close contact with someone who has Mpox (including sexual contact)

## Is there treatment for Mpox?

- Mpox is treatable but not curable. Treatment for Mpox is made to minimize the symptoms and to manage complications and to avoid long term illness. The patient is also given fluids and food to maintain a good nutritional status.
- In most cases, the symptoms of Mpox go away on their own within a few weeks
- Some people can have complications such as serious skin infections, pneumonia, brain infections, confusion, eye problems and even die