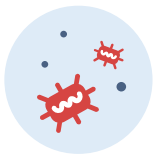


# MPOX

## A tool for community-based organizations

### 1 What is mpox?



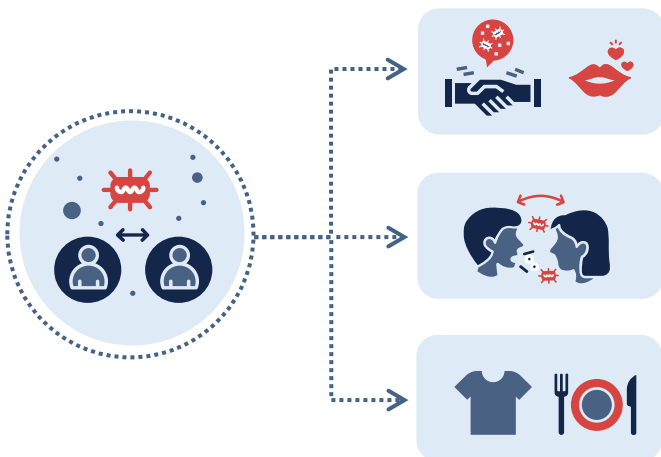
Mpox is a disease similar to smallpox caused by the mpox virus (*Orthopox virus*). It is called mpox because it was first detected in monkeys.

### 2 Who can get mpox?



Anyone in close contact with a mpox infected person has a high risk of infection. Globally, outbreaks of mpox are more prevalent among men who have sex with men (MSM) and transgender people.

### 3 How does mpox spread?



Close physical contact with someone with mpox: including skin-to-skin, kissing (saliva), and sexual intercourse

Through: bodily fluids, long-term face-to-face contact in long time (exchange of saliva)

Share clothing, bedding, towels, eating utensils, dishes, or similar personal items that have been contaminated with the mpox virus via blisters and sores of an infected person

## 4 What are the symptoms of mpox?

- ✓ Fever typically presents first
- ✓ Rash begins one to three days after fever. The rash tends to be concentrated on the face, palms of the hands and soles of the feet. It can also be found in the mouth, genitals, and eyes. Lesions can be flat or slightly raised, filled with clear or yellowish fluid before they scab, dry up, and fall off



- ✓ Accompanying symptoms include swollen lymph nodes, headache, muscle aches, back pain, and low energy

Immunocompromised people, pregnant women, lactating women, people with co-infections, and children under eight are at risk of serious illness and possible death.

## 5 How to protect yourself and others?

- ✓ Self-isolate yourself and immediately contact medical staff for guidance and advice.
- ✓ Avoid skin-to-skin contact, close conversation, and sexual intercourse with people infected with mpox or suspected cases
- ✓ Use condoms during sex
- ✓ Wear a mask and disposable gloves when in contact with people experiencing symptoms of mpox or their personal items including clothes, bed sheets, towels, and dishes
- ✓ Wash hands frequently with soap or hand sanitizer, disinfect contaminated objects and surfaces
- ✓ Wash clothes, towels, bed linen in hot water
- ✓ Wash dishes, dining utensils with dishwashing liquid or clean with boiling water

Anyone can get mpox or pass it on to others

DO NOT DISCRIMINATE AGAINST

THOSE WHO ARE INFECTED