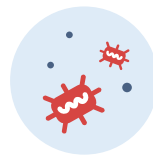


MPOX

For health staff

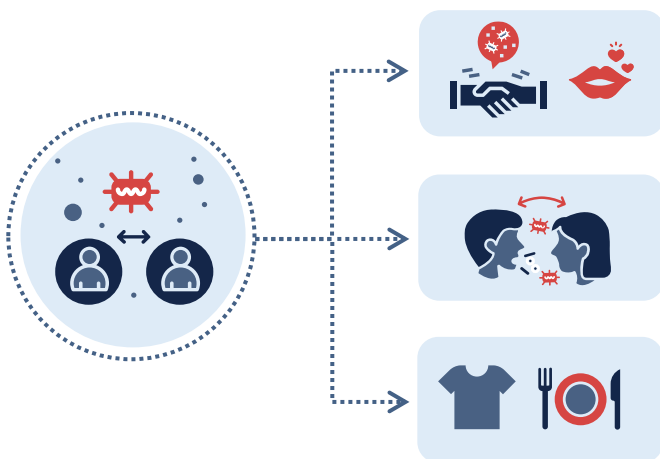
Mpox is commonly found in Central and West Africa. An outbreak is currently taking place in numerous countries that do not typically have cases. Some cases have been identified in communities of gay, transgender, bisexual and other men who have sex with men.

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 How does mpox spread?



Close physical contact with a mpox patient who has symptoms including skin-to-skin contact, kissing (saliva), sexual intercourse

Through: bodily fluids shared during long-term face-to-face contact

Possible infected through clothing, bedding, towels or objects like eating utensils/dishes that have been contaminated with the mpox virus from blisters, sores of an infected person

3 What are the symptoms of mpox?

Incubation period:
5 -21 days

Common:
6 - 13 days.

- ✓ The first sign is fever
- ✓ Rash begins within one to three days of the start of a fever:
 - The number of lesions can range from a few to several thousand
 - The rash is similar to smallpox, often centrifugal, tends to be concentrated on the face, palms of the hands, and soles of the feet. It can also be found on the mouth, genitals, and eyes
 - Lesions can be flat or slightly raised, filled with clear or yellowish fluid, and can then scab, dry up, and fall off
- ✓ Swollen lymph nodes
- ✓ Accompanying symptoms include headache, muscle aches, back pain, and low energy



Symptoms can self-remedy in three weeks

4 Complications

- ✓ Bronchitis
- ✓ Digestive disorders
- ✓ Superinfection
- ✓ Septicemia
- ✓ Eye infection and corneal scarring
- ✓ Scars on the skin

Immunocompromised people, pregnant women, lactating women, people with co-infections, and children under 8 years of age are at risk of serious illness and possible death.

5 Differential diagnosis with mpox



chicken pox



Herpes simplex



Zona



Molluscum contagiosum



P. marneffei



syphilis

6 When to suspect a case of mpox?

Epidemiological history:

- ✓ Travel or come from epidemic area
- ✓ Have a history of close contact or sexual intercourse with an infected person

Clinical:

- ✓ Fever, rash, swollen lymph nodes, headache, muscle aches, and low energy

7 What should you do when you encounter a suspected case of mpox at the treatment facility?

Immediately notify the Hospital Director Board and/or the Provincial Center for Disease Control for guidance on handling:

- ✓ Quarantine the infected person
- ✓ Implement methods of diagnosis and treatment of disease

8 How to educate the community about disease prevention?

A person suspected of having this illness should isolate themselves from the people around them and immediately contact medical staff for guidance and advice.

- ✓ Avoid skin-to-skin contact, face-to-face, avoid sexual intercourse with people having suspected symptoms
- ✓ Use condoms during sex
- ✓ Wear a mask and disposable gloves when in contact with people having symptoms or in contact with clothes, bed sheets, face towels of sick people
- ✓ Wash hands frequently with soap or hand sanitizer, and disinfect contaminated objects and surfaces
- ✓ Wash clothes, towels, bed linen
- ✓ Wash dishes, dining utensils with dishwashing liquid or clean with boiling water