

What is Monkeypox (MPOX) - MPOX is a viral infection that is similar to smallpox. MPOX is a zoonotic virus that spills over into people, and can be transmitted within the human population. It is caused by the MPOX virus, which is part of the same family of viruses as smallpox. However, there have been some recent reports of infections, which is why we want to ensure you are aware and informed.

Symptoms of MPOX -Incubation Period 3 to 17 days. The illness typically begins with:

- **Fever**
- **Headache**
- **Muscle aches**
- **Backache**
- **Swollen lymph nodes**
- **Chills**
- **Fatigue**

A few days after the fever starts, a rash may develop, often beginning on the face and then spreading to other parts of the body. The rash goes through different stages before finally forming a scab, which later falls off.

How is MPOX transmitted

MPOX can be transmitted to humans from animals through bites or scratches, or through direct contact with the blood, bodily fluids, or lesions of an infected animal. Human-to-human transmission can occur through:

- Close contact with respiratory droplets, skin lesions, or bodily fluids of an infected person.
- Contact with contaminated materials, such as bedding or clothing. (less important route)

Prevention

1. **Practice Good Hygiene:** Wash your hands regularly with soap and water or use an alcohol-based hand sanitizer, especially after contact with animals or people who are unwell.
2. **Avoid Close Contact:** Avoid close physical contact with anyone who has symptoms consistent with MPOX, such as a rash or fever.
3. **Use Personal Protective Equipment (PPE):** If you need to care for someone who is ill, wear protective gloves and a mask.
4. **Vaccination:** Scheduled to arrive in Africa beginning September 2024