

MPOX

WHAT YOU NEED TO KNOW

On July 23, 2022, the World Health Organization (WHO) declared the current Mpox outbreak a Public Health Emergency of International Concern (PHEIC). To date, some cases have been detected and registered in Uganda.

Mpox (previously called Monkeypox) is a viral zoonotic disease (a virus transmitted to humans from animals) that occurs primarily in tropical rainforest areas of central and west Africa and is occasionally exported to other regions.

Mpox is caused by a virus. Its symptoms are like those seen in smallpox patients, though less severe.

Signs and symptoms

- Skin rash
- Fever
- Sore throat
- Headache
- Body aches
- Backpain
- Low energy
- Swollen lymph nodes



How is it spread?

- Person-to-person contact:
 - Close contact with skin lesions and body fluids.
 - Inhaling contaminated particles or viruses.
 - The most reported mode of transmission is sexual intercourse.
 - Contaminated materials, e.g., needles, tattoos, bedding, linens, clothing, eating utensils, and sex toys, among others.
- Mpox is transmitted to humans through close contact with an infected person or animal or with contaminated material.

Who is at risk of Mpox?

People in close interaction with Mpox, patients, e.g., household members and sexual partners (including commercial sex workers).

People taking care of Mpox patients without the correct use of personal protective equipment

People who hunt, kill, handle, butcher, and prepare animals such as squirrels, rats, mice, and monkeys.

People who work in laboratories without the correct use of personal protective equipment.

Children, pregnant women, and those who may be weak due to other health conditions.

People who have many sexual partners and/ or frequent anonymous sexual partners.

Even though some people may be more at risk than others, it is important to remember that anyone, anywhere, can get monkeypox

How do you protect yourself from infection?

- Avoid close (face-to-face, skin-to-skin, mouth-to-skin, and mouth-to-mouth) contact with people who have been confirmed to have monkeypox or who have signs and symptoms of monkeypox.
- Avoid touching or sharing personal items like bedding, eating utensils, clothes, phones, or other belongings of a person who has the signs and symptoms of monkeypox.
- Avoid contact with all wild animals (alive or dead), especially those known to carry the virus, such as rodents or monkeys, and those that appear sick or have been found dead.
- Avoid eating wild animals (squirrels, rats, mice and monkeys)
- Smallpox vaccine can be given to people who come into close contact with infected persons or those at high risk of infection.

**For more information, contact the Ministry of Health
Toll free line on: 0800 100066 or Send a free SMS to
U-Report on 8500**