



MONKEYPOX

virus infection

WHAT IS MONKEYPOX VIRUS (MPV)?

MPV is a zoonotic disease. This means it can be transmitted from animals to humans. It is also transmitted between people. It is different to smallpox which was eradicated in 1980.

WHAT ARE THE SYMPTOMS OF MPV?

Common early symptoms are fever, severe headache, muscle pain, back pain, tiredness, enlarged lymph nodes.

Distinctive ulcers or blisters usually develop a few days later.

- They can be flat or slightly elevated, with light or yellowish fluid.
- They then ulcerate and form a crust (scab).
- The dry scab later fall of.

Ulcers can be on any part of the body. This includes the face, genitals, mouth, eyes, hands, palms and feet. They can vary from just a few to over 100.

Mild infection usually last between two to four weeks and resolves without treatment.

HOW DOES THE MPV TRANSMIT FROM PERSON TO PERSON?

People with MPV are infectious from the first symptoms until the ulcers have healed and the scabs have all fallen off. This is usually between two to four weeks.

MPV can be transmitted through three main ways:

- Close physical contact. The ulcers, pus and scabs are highly infectious. This includes sexual partners. It is not yet known whether sexual fluids are infectious.
- Contact with clothing, bed linen, towels, objects such as cutlery, dishes or other personal use utensils.
- Close contact (non-sexual). This can include health workers and people in the same household.

WHAT SHOULD I DO IF I THINK I MIGHT HAVE MPV?

If you have symptoms or close contact with someone diagnosed with MPV please contact:

- A sexual health clinic GAT (+351 911 050 019), or
- Line SNS 24 (808 24 24 24) for counseling and evaluation.

It is important to:

- Avoid close contact with others until you know whether you have MPV.
- Wash your hands regularly.

IS MPV A SEXUALLY TRANSMITTED INFECTION?

MPV can be transmitted from one person to another through close physical contact. This includes from sexual contact. Direct skin contact, especially with ulcers is highly infectious.

It is not known whether sexual fluids are infectious.