

GUIDANCE FOR THE POPULATION ON MPOX



HOW IS MPOX TRANSMITTED?



Direct contact between people (*skin, secretions*) and close and prolonged exposure to droplets and other respiratory secretions.



Body fluids (*pus, blood from lesions*) of an infected person.



Ulcers, lesions or sores in the mouth can also become infected, which means that the virus can be transmitted through saliva.



Recently contaminated objects, such as clothes, towels, bedding, utensils and dishes, which have been contaminated with the virus through contact with a sick person.



Transmission via droplets usually requires prolonged close contact between the infected person and other people, which makes healthcare workers, family members and intimate partners more at risk of infection.



HOW DO I KNOW I'M SICK?

- 1 It takes between **3 and 21 days** for a person who comes into contact with the virus to manifest the disease in their body.

Skin lesions usually start within **one to three days** of the onset of fever, but sometimes they can appear before the fever.

2

The lesions may have a secretion and may for “*peels*”, which dry up and fall off.

3

The lesions can occur anywhere on the body, especially on the **palms of the hands and soles of the feet, as well as in the mouth, eyes, genitals and anus.**

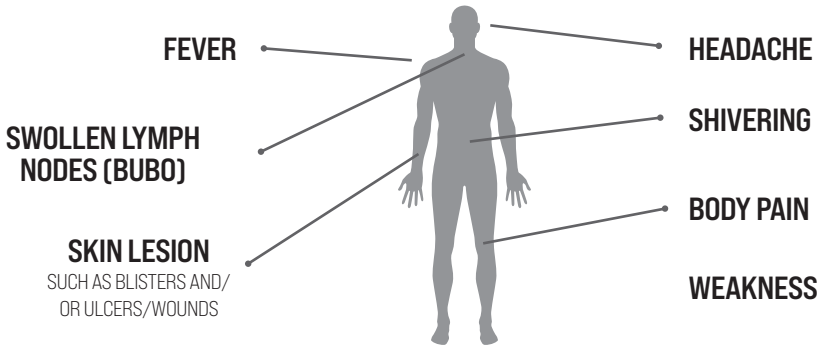
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- 5 The sick person stops transmitting the virus to others **when the peels of the lesions fall off and disappear.**



If you think you have symptoms compatible with those of MPOX, go to the nearest Basic Health Unit in your city for an assessment and let them know if you have had close contact with anyone with suspected or confirmed disease.

WHAT ARE THE SIGNS AND SYMPTOMS?



IS THERE TREATMENT?

Currently, the treatment of mpox cases is based on **supportive measures** aimed at relieving symptoms to avoid complications.



Most people with the disease have mild to moderate signs and symptoms

Observe if the lesions grow all over the body or if there are other signs, such as conjunctivitis, to seek evaluation as soon as possible.

To date, there is no approved drug specifically for mpox.

HOW CAN I PREVENT IT?



Avoid direct contact with people with suspected or confirmed disease.



Don't share personal belongings, such as towels, clothes, sheets, toothbrushes and cutlery.



It is important to wash your hands with soap and water or use hand sanitizer, especially after coming into contact with lesions or close contact with a suspected or confirmed case.

