

MONKEYPOX: WHAT YOU NEED TO KNOW

An outbreak of monkeypox is occurring in many countries:

- WHO has declared a public health emergency of international concern.
- Monkeypox is preventable. Most people recover fully, but some people can get seriously ill.
- Symptoms can be uncomfortable and painful.
- While monkeypox can affect anyone, most cases in this outbreak are among men who have sex with men
- What we know about the outbreak is changing fast – we are learning more every day

Symptoms of monkeypox often include:

- Rash on face, hands, feet, body, perianal area or genitals
- Rash in mouth, throat, eyes, vagina and anus
- Fever
- Swollen lymph nodes
- Headaches
- Muscle and back aches
- Low energy
- Painful swelling inside your rectum (proctitis)
- Pain or difficulty when urinating



You can catch monkeypox through close contact with someone who has symptoms including:

- Skin-to-skin (e.g., touching, anal and vaginal sex)
- Face-to-face (e.g., talking, singing, breathing)
- Mouth-to-skin (e.g., oral sex)
- Mouth-to-mouth (e.g., kissing)
- From contaminated bedding, towels, clothing, surfaces or objects



Monkeypox can spread through sex :

- People who have sex with multiple or new partners are most at risk
- Check yourself regularly for symptoms and ask partners to do the same
- If monkeypox is impacting your community, you can reduce your risk by reducing your number of sexual partners, waiting for a while before having sex with any new partners or taking a break from sex
- Have open, non-judgmental conversations. Swap contact details with sexual partners and agree to let each other know if you develop symptoms
- Condoms will prevent some STIs. They may also reduce your risk of exposure to monkeypox, but they will not prevent you becoming infected through close physical contact

Protect yourself from monkeypox:

- If someone you know is diagnosed with or has suspected monkeypox, avoid close contact with them
- Know the symptoms and check yourself regularly
- If you have symptoms, seek health advice and self-isolate while you wait to get tested
- Get vaccinated if it is available to you
- Follow advice to reduce the risk of infection if you live with someone who has monkeypox

If you think you have monkeypox:

- Get advice from a health worker
- Get tested
- Isolate at home if your health worker recommends you do so
- Take care of your rash, physical and mental health
- Protect others by avoiding close contact with them
- If you are sharing a house with others while isolating, stay in separate rooms, frequently clean hands, clean/disinfect objects and surfaces often and open windows
- Avoid contact with your pets

Stigmatising people because of a disease is never ok.

Anyone can get or pass on monkeypox.
Together, we can end this outbreak.