

MONKEYPOX: WHAT YOU NEED TO KNOW

There is currently an outbreak of monkeypox in some countries that do not normally have cases:

- Most people recover fully without treatment, but in some cases, people can get seriously ill
- It is called 'monkeypox' because it was first found in monkeys
- While the risk to the general public is low, WHO is responding to this outbreak as a high priority
- What we know about the outbreak is changing fast – we are learning more every day

Symptoms of monkeypox include:

- Rash with blisters on face, hands, feet, body, eyes, mouth or genitals
- Fever
- Swollen lymph nodes
- Headaches
- Muscle and back aches
- Low energy



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

- Skin-to-skin contact
- Face-to-face contact
- Mouth-to-skin contact
- Touching infected bedding, towels, clothing or objects



Protect yourself from monkeypox by avoiding close contact with someone who has symptoms:

- Avoid skin-to-skin, face-to-face and mouth-to-skin contact, including sexual contact
- Clean hands, objects, surfaces, bedding, towels and clothes regularly
- Wear a mask if you can't avoid close contact and when handling bedding, towels and clothes
- Ask people if they have symptoms before you have close contact
- Using condoms may not prevent monkeypox spreading during sexual contact, but can prevent other sexually transmitted infections

If you think you have monkeypox:

- Get advice from a health worker
- Isolate at home if possible
- Protect others by avoiding close contact with them
- Wear a mask and avoid touching if you need to have close contact

Stigmatising people because of a disease is NEVER ok.

Anyone can get or pass on monkeypox