

# WHAT YOU NEED TO KNOW ABOUT MONKEYPOX



## HOW DOES THE VIRUS SPREAD ?

- **Direct physical contact with blood or body fluids** (e.g. fluid from skin lesions) from infected persons, contaminated materials (e.g. bedsheets or utensils), or **sexual encounters** with infected persons
- Prolonged face-to-face contact with respiratory droplets (e.g. saliva during kissing)




## SYMPTOMS OF MONKEYPOX

Early symptoms include:

- **Fever**
- **Back/head/muscle ache**
- **Swollen lymph node**
- **Chills**
- **Feeling tired**

As the disease progresses, **rashes** and **skin lesions** will develop on the face and other body parts



## WHAT HAPPENS IF I HAVE THE SYMPTOMS?

- While monkeypox is typically a self-recovering disease, you must **seek medical treatment immediately**
- Infected cases will be isolated for recovery
- Most patients will usually recover **within 2 to 4 weeks**
- Close contacts will have to serve quarantine of **up to 21 days**



## HOW TO REDUCE THE RISK OF GETTING MONKEYPOX?

- Wash your hands frequently with soap
- Avoid sharing **personal items (e.g. utensils, cups, bed linens, towel, clothing)**
- Avoid contact with persons who are unwell and objects that may be contaminated with infectious fluids (e.g. towels, soiled clothing or bedding)
- Avoid **high-risk sexual activities** (e.g. having multiple sexual partners or casual sex)
- See a doctor **immediately** if you have any monkeypox symptoms