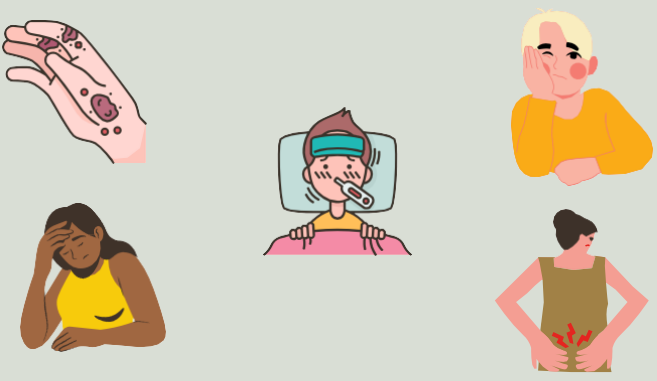


Monkey pox



1 Symptoms

- Fever, headache, muscle/back pain, loss of energy, swollen glands and **skin rashes**.
- **Where?** Face, palms of the hands, soles of the feet, eyes, mouth, throat, groin and genital and anal areas.
- **Duration of symptoms:** 2 to 4 weeks

2 Transmission



• **Direct contact of the skin** (pimples or scabs), **mucous and bodily fluids** with an infected person.

Example: sexual intercourse (with or without penetration).

• **Droplets** (saliva, sneeze). Example: long face-to-face.

• **Contact with contaminated objects** (linen, surfaces). Example: when sharing clothes.



3

People at risk

Pregnant women, immunocompromised and children are more likely to develop a severe form of the disease.



Treatment

4



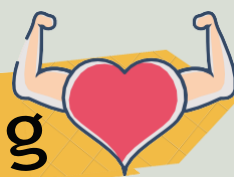
Follow your doctor's advice!

Tell someone you trust!

In most cases, the disease heals by itself.

- ✓ **Do not scratch** the lesions;
- ✓ **Wash your hands** before and after touching lesions;
- ✓ **Leave them in the open air unless isolation is impossible!** For the symptoms: painkiller and anti-fever. There is a vaccine for smallpox.

5 Healing



All the localized **scabs** (including mouth, throat, eyes, vagina, and anus) have **fallen off** and a **new skin** has appeared.

6 Advice if infected?

Isolate yourself from others!

If you cannot avoid close contact during your isolation:

- **Avoid touching** others;
- **Wash** your hands regularly;
- **Cover all lesions with a bandage;**
- Wear a medical mask each and keep 1m away from others.



7

Referral hospital

See AVIQ listing:
www.aviq.be



Sources :

https://www.who.int/fr/news-room/questions-And-Answers/item/monkeypox?gclid=CjwKCAjw1ICZBhAzEiwAFvFhFMkxvZQrT0uXh2bNdfOFI0D0Y0RX1NcUOTQXHw6ruxtfS_YmDq5BoCZ2wQAvD_BwE
<https://www.Aviq.be/fr/monkeypox> (14/09/2022)