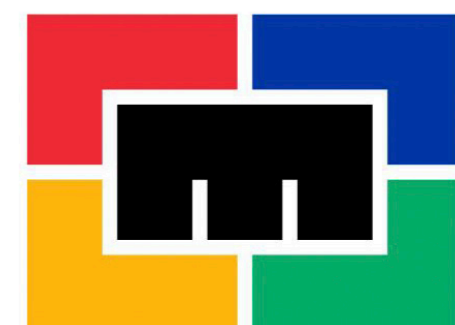


MPOX



MINERALS COUNCIL
SOUTH AFRICA

MPOX (PREVIOUSLY CALLED MONKEYPOX) IS CAUSED BY INFECTION WITH THE MONKEYPOX VIRUS.



WHAT IS MPOX?

Mpox (previously named monkeypox) is caused by infection with the monkeypox virus. Right now, there are more than 80 poxviruses we know about.

Poxviruses have been found coming from different species of birds, insects, reptiles and mammals.

There has been a global outbreak of Mpox since 2022. It has spread to more than 100 countries, including South Africa.

The Department of Health has said the outbreak is under control in South Africa, but people should still be careful, because viruses can mutate.



TRANSMISSION OF THE VIRUS

HUMAN-TO-HUMAN SPREAD



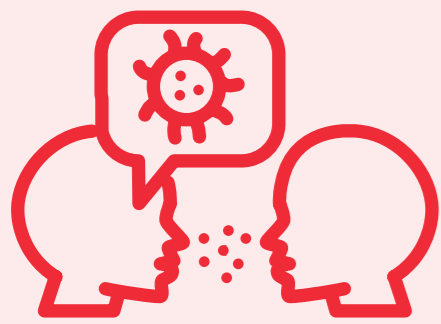
DIRECT CONTACT

Skin-to-skin contact with lesions or body fluids in the mouth or genitals of a person with Mpox.



INDIRECT CONTACT

Touching contaminated objects like bedding, towels or clothing.



RESPIRATORY DROPLETS

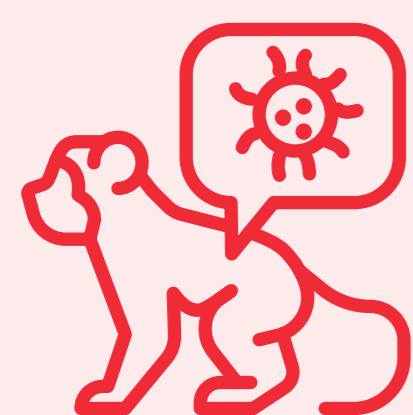
The virus can spread through respiratory droplets from prolonged face-to-face contact with an infected person.



VERTICAL TRANSMISSION (MOTHER-TO-CHILD)

Transmission can occur during pregnancy through the placenta, and during or after delivery.

ANIMAL-TO-HUMAN SPREAD



INFECTED ANIMALS

Contact with small mammals such as squirrels and monkeys can spread the virus.



BITES AND SCRATCHES

You can get the virus through direct contact with animals or their body fluids via bites and scratches.

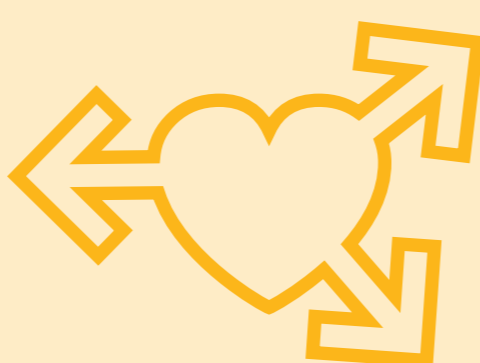


WHO IS AT RISK?



Immune compromised

If you are living with TB, HIV or diabetes, you are at a higher risk for Mpox. Know your status!



Sexually active people

If you have an active sex life with more than one partner, then you are at a higher risk of infection with Mpox, because close contact is what spreads the virus.



Healthcare workers without appropriate PPE

- Caring for patients with Mpox
- Collecting specimens from patients
- Research or clinical laboratory personnel performing diagnostic testing
- Outbreak response team members



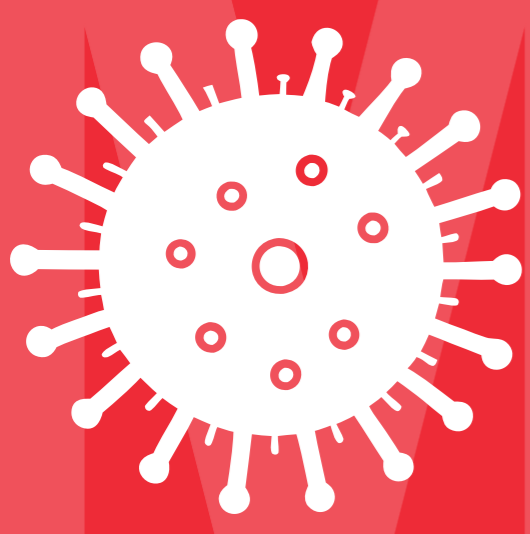
People in wild areas

People in contact with wild animals in forest areas.

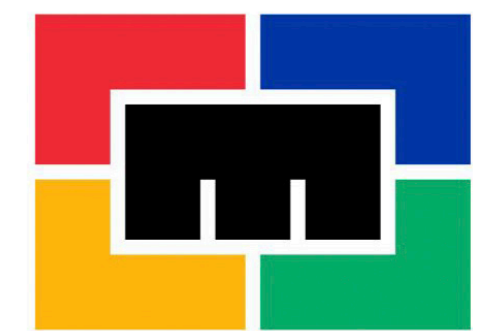


People at home

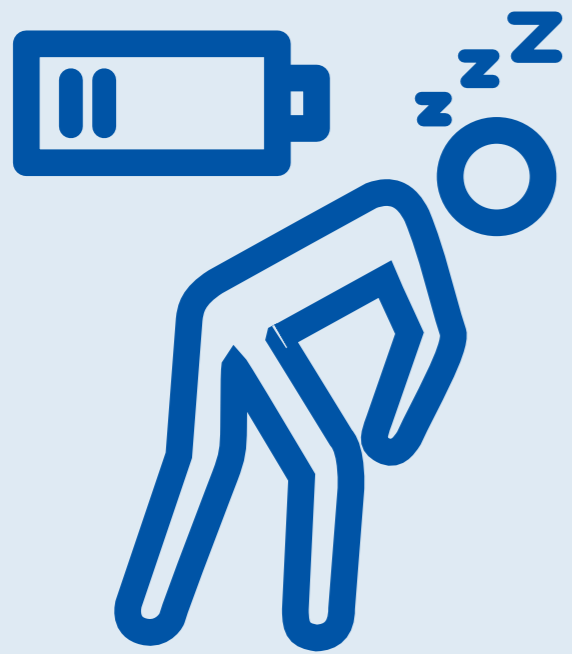
Partners, family members and children in the household with someone who has Mpox.



MPOX



WHAT ARE THE SYMPTOMS?



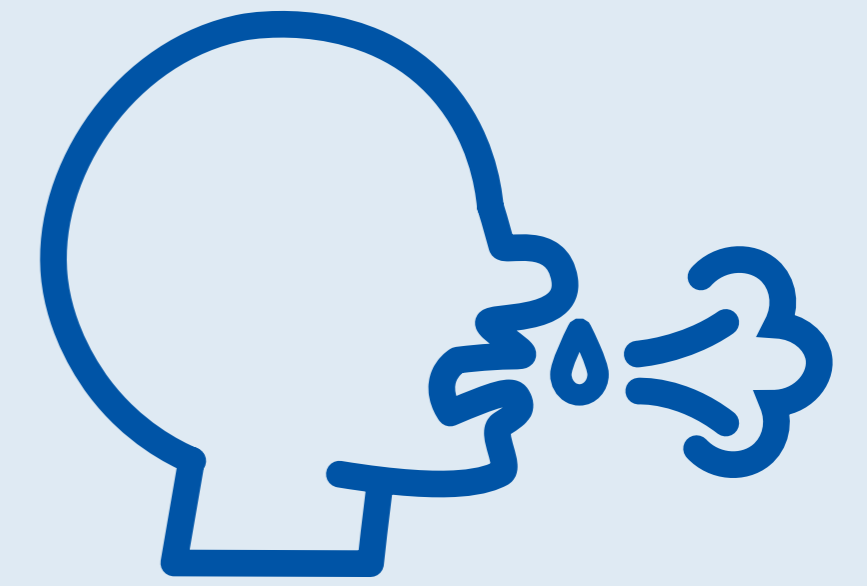
Always tired



Headache



Body aches



Stuffy nose and cough



Sore throat



Painful swelling



Fever and chills



A rash that can last for 2-4 weeks



WHAT TO DO WHEN YOU HAVE SYMPTOMS



1 Go to a doctor, clinic or hospital to get tested for Mpox.



2 Isolate yourself from other people until you get your test results.



3 If the results are positive for Mpox, your doctor, clinic or hospital will tell you if you should stay at home or if you should stay in a hospital to get care.



Home-Based Care

- Isolate until your rash has gone away and the scabs have fallen off.
- Don't scratch your skin. Cleanse your skin with sterilised water or an antiseptic.
- Wash your hands regularly.
- For lesions inside the mouth, use saltwater rinses.
- You can also take your prescribed medication to relieve some symptoms.



SEVERE MPOX COMPLICATIONS

- Bacterial infection of the skin, eyes or lungs
- Inflammation of the:
 - Brain (encephalitis)
 - Lungs (pneumonia)
 - Heart (myocarditis)
 - Urinary passages (urethritis)
 - Genital organs (balanitis)
 - Rectum (proctitis)



VACCINATION

- Vaccination is becoming more available.
- It requires 2 doses that are given 28 days apart.
- Mpox vaccines provide 66-90% protection against Mpox infection and reduce the severity of the disease.