



MPOX KEY MESSAGES

WHAT YOU NEED TO KNOW

Background

An outbreak of Mpox is occurring in many countries:

- Mpox is preventable — most people recover fully but some people can get seriously ill, particularly those who are immunosuppressed such as those with untreated or HIV/ AIDS.
- Symptoms can be uncomfortable and painful.
- What we know about the outbreak is changing fast; we are learning more every day.

Symptoms

If you are exposed to someone with Mpox you could develop symptoms up to 21 days later. The most common symptoms of Mpox include:

- Swollen lymph nodes
- Rash
- Fever
- Headache
- Muscle aches
- Back pain
- Low energy
- Sore throat

The rash can affect the face, palms of the hands, soles of the feet, groin, genital and/or anal regions. It may also be found in the mouth, throat, anus, rectum or vagina, or on the eyes. The number of sores can range from one to several thousand. Complications from Mpox include skin or lung infections (pneumonia), confusion, and eye problems. Other complications include inflammation or sores inside the rectum that can cause severe pain (proctitis), and pain or difficulty when urinating.



How Mpox spreads

Mpox spreads through close contact with someone who has Mpox, for example:

- Skin-to-skin contact (such as touching or vaginal/ anal sex)
- Mouth-to-mouth contact (such as kissing)
- Mouth-to-skin contact (such as oral sex or kissing the skin)
- From an infected mother to her unborn child during pregnancy, and during or after birth through skin-to-skin contact
- Face-to-face contact (such as talking, breathing or singing close to one another)
- Touching the same clothing, bedding, towels, objects, electronic gadgets, surfaces or sex toys People with Mpox are infectious until all their lesions have crusted over, the scabs have fallen off and a new layer of skin has formed underneath, and all the sores on the eyes and in the body (in the mouth, throat, eyes, anus, rectum or vagina) have healed too. This can take several weeks, during which it is strongly recommended for the person to self-isolate to protect others from becoming infected.
- Direct contact with an infected animal

Mpox can spread through sex (how to reduce harm):

- People who have sex with multiple or new partners are most at risk.
- Condoms prevent some STIs. They will not prevent infection through close physical contact. They may however reduce exposure to Mpox, and the severity of anal symptoms if infected.
- Condom use is recommended for three months after recovery from Mpox because sexual transmission of the virus is still not fully understood.

Mpox and HIV

People with underlying immune deficiencies may be at risk of more serious illness from Mpox. People living with HIV who know their status and are well-controlled on treatment can reach the point of viral suppression. This means that their immune systems are less vulnerable to other infections than they would be without treatment. Studies are underway to better understand these questions. So far, people living healthily with HIV who have developed Mpox in this outbreak have not reported worse health outcomes than others. If you are living with HIV and think you may have Mpox, seek advice from a trusted health worker



How people can protect themselves and others:

- Keep having conversations with peers, and sexual partners, about Mpox, and stay up-to-date with the latest information.
- Know the symptoms.
- Avoid close contact with someone who has Mpox and encourage people with Mpox to isolate where possible.
- Do not share clothes, bedding, or other personal items with infected persons.
- Wash hands with soap under running water or use an alcohol-based hand sanitizer regularly (including before or after touching sore/open wounds).
- Wear a mask if you cannot avoid close contact with someone with Mpox symptoms.
- Using condoms may not prevent Mpox spreading during sexual contact, but can prevent sexually transmitted infections (STIs).
- Avoid unprotected contact with wild animals, especially those that are sick or dead, including their meat and blood.
- All foods containing animal meat or parts must be thoroughly cooked before eating.
- Have accessible health advice and adequate testing services for people who have been exposed or have symptoms.
- Get vaccinated when available and appropriate — vaccination can reduce but not eliminate your risk.
- Check yourself regularly for symptoms and ask sexual partners to do the same.
- If Mpox 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-judgemental conversations. Swap contact details with sexual partners and agree to let each other know if you develop symptoms

PUBLIC HEALTH ADVICE FOR GATHERINGS DURING THE CURRENT MPOX OUTBREAK

Public health advice for decision-makers (authorities and event organizers)

The following precautionary measures can be considered to decrease risk of Mpox transmission associated with gathering events:

Health authorities are invited to: identify those events in their jurisdiction that are most likely to be associated with risk of Mpox virus transmission, based on the prevailing modes of transmission and the likely profile of the attendees; ensure that Mpox is included among the diseases regularly reported through routine surveillance; WHO has published guidance on surveillance, case investigation and contact tracing for Mpox; make provision to ensure prompt isolation and adequate clinical management of identified cases; WHO has published guidance in this



regard; keep the general population and event organizers informed on the evolution of the outbreak, and adequately monitor and address rumours and misinformation about Mpox.

Event organizers should establish a liaison with the relevant health authorities and be aware of the epidemiology of Mpox in the host area. Gatherings should be used as opportunities for information outreach and for risk communication and community engagement (RCCE) activities; these should also target individual behaviours associated with side gatherings, unplanned congregation, and unstructured socialization in public or private spaces.

Health authorities and event organizers should facilitate the adoption of appropriate public health and social measures, including those aimed at infection prevention and control, to decrease the risk of transmission of Mpox virus in conjunction with the event.

Staff responsible for dealing with people who fall ill at the event should be provided with information on how to identify and manage people with signs and symptoms consistent with Mpox, and with the relevant personal protective equipment. RCCE activities including the development of communication materials for travellers on signs and symptoms consistent with Mpox, on infection prevention and control measures, and on how to seek medical care in countries where Mpox cases have been reported, should be considered at points of entry.

Public health advice for people organizing smaller gatherings or attending gatherings of any size and type

People with signs and symptoms consistent with Mpox should refrain from close contact with any other individual, should avoid attending gatherings, and should follow advice issued by relevant health authorities. Close contact, including sexual contact, with someone who has signs and symptoms consistent with Mpox should be avoided. Anyone who feels they may have been exposed to Mpox should exercise additional care. Information specifically designed for communities of gay, bisexual and other men who have sex with men is now available, including updated public health advice. Gatherings attendees should always be reminded to apply individual-level responsibility to their decisions and actions, with the aim of preserving their health, that of the people they interact with, and ultimately that of their community

ACTIVITIES TO REDUCE THE RISK OF MPOX AT SEX-ON-PREMISES VENUES AND EVENTS:

A “risk-based approach” is a helpful framework to use when planning how to keep your venue safe. It involves three steps for consideration:

1. Risk evaluation: identifying the baseline risks associated with the realities of your venue or event and the context in which it takes place



2. Risk mitigation: using the information in this document and from local health authorities to reduce the risk of Mpox for staff, people attending venues/events and communities.
3. Risk communication: getting accurate, timely and appropriate information to the people at risk

Be open and transparent with all the relevant stakeholders when planning your event and encourage their involvement from the beginning. This helps ensure that public health advice and concerns are identified early, shared, and included in your risk assessment and decision-making process for the event.

Planning

- Identify trusted sources of information about the risk of Mpox in your area (e.g., your local health authority, the Ministry of Health or WHO).
- Identify focal points responsible for managing Mpox risk.
- Develop a plan for how to support cases of Mpox that may occur during or after your event including providing details of relevant health services.
- Consider putting in place a system of paid sick leave for staff/volunteers who have confirmed/ suspected Mpox or who are a close contact.
- Consider putting in place a system for ticket refunds for people who are unable to attend because of confirmed or suspected Mpox symptoms or recent exposure.

Communications for events and at venues

Before an event:

- Inform staff and volunteers about how to protect themselves and others against Mpox, the symptoms and what to do if someone at an event or venue develops symptoms.
- Run awareness raising sessions for staff and volunteers on how to avoid stigmatising or discriminatory behaviour, and how to manage stigma and discrimination from people attending the venue or event.2
- Communicate with people attending the event in advance using contact lists, messaging groups, social media, venue/event websites etc., to raise awareness of the risk of Mpox, how to identify symptoms, the importance of testing and isolation for anyone who has symptoms and how to have open and non-judgmental conversations with other close contacts. Ask anyone with symptoms to get tested and not to attend the venue/event if, they are positive.



- If relevant for your context or community, explore the potential vaccination options for users and staff at sex-on-premises venues and events.
- Identify where clients can be referred for Mpox testing or vaccination
- Have a refund policy in place and encourage people who develop Mpox symptoms or people who are close contacts to skip the event and be reimbursed for their tickets.

At your venue or during an event:

- Use posters inside your venue raising awareness of symptoms and ways to reduce the risk of picking up or passing on Mpox.
- Provide information to people attending the venue/event on what to do if they develop symptoms during or after the event.
- Share local information on how to get tested.
- Share local information for eligible groups on how to get vaccinated against Mpox, if it is available.
- Encourage open, non-judgmental conversations between sexual contacts on potential exposures and for people to exchange contact details if they feel comfortable and if it is safe to do so.
- Communicate in a transparent way about any contact tracing measures in place around the event with respect to confidentiality.
- Encourage attendees to: Contact event organisers in case they develop Mpox symptoms after the event. Leave their contact details at the reception if they wish to be contacted in the future if there are cases of Mpox reported among persons who were in the same venue/event on the same day.

After an event:

- Use mailing lists and communications channels (like phone messaging groups and social media pages) to encourage people who are close contacts or symptomatic to connect with their local public health authority and get tested.
- Follow up with your communities and your event attendees to share the latest information and help support surveillance and contact tracing.
- Use mailing lists/social media to remind people who have attended events/venues to check themselves for symptoms for up to three weeks after the event, and to inform the venue/event organisers and any close sexual contacts if they develop symptoms during this period.



- If it becomes known that there was a definite Mpox exposure, communicate with attendees/visitors and share local information on how to get health advice and tested if necessary.
- Share local information for high-risk groups on how to get vaccinated against Mpox, if it is available

Contact tracing

Contact tracing is an essential public health tool for controlling infectious disease outbreaks as it can help break chains of transmission through the rapid identification of contacts, and isolation and clinical care of cases.

- Help implement systems to support contact listing and follow-up, and notification of Mpox exposure through the established communications channels in your community (including through email lists, messaging groups and social media). Try and deliver clear information through trusted channels.
- Encourage reporting of Mpox and/or communication among close contacts of people infected with the virus
- If appropriate, ask event organisers or venue staff to create attendance lists to share information about reporting and health support services to your community.
- Where a known exposure has occurred in an event or venue, but individual tracing of contacts is not feasible, established communication channels (as above) can be used to notify exposed individuals of their exposure, the appropriate measures to take to avoid onward transmission, and how to seek care if symptoms develop.

Infection prevention and control

- Make sure frequently touched surfaces and objects are cleaned with water and soap and disinfected regularly (with standard disinfectant). When possible, do this during your event.
- Regularly wash clothes, towels, linen or equipment with standard detergents and hot water (above 60 °C).
- Ensure staff undertaking cleaning and waste disposal are wearing a well-fitted surgical mask, non-sterile disposable gloves, and a disposable apron.
- Ensure that waste products such as tissues, condoms and paper towels are double bagged and disposed of using standard waste management.
- Have condoms available throughout your facility or across your event (remember condoms do not protect against Mpox but against STI's).

Avoiding and addressing stigma and discrimination



Stigma harms people diagnosed with Mpox, but also affects their communities, their partners and their close contacts. Even people who have recovered from Mpox are at risk from stigma and discrimination. Reduce the risk of stigma and discrimination related to your event by:

- Respect and protect the privacy and confidentiality of people attending or working at the venue/ event, especially people who develop Mpox
- Train staff working at your venue or event on Mpox, stigma and discrimination to ensure they know how to support public health measures aimed at protecting your communities.
- Support community organizations working on the ground to deliver public health messages and interventions such as vaccines, so that people attending your venue can manage their risk.
- Avoid using language, photographs or graphics that spread fear or place an emphasis on a particular group, activity or community.
- Use accurate language to describe how this virus is being transmitted: people 'acquire' or 'contract' Mpox through close contact.
- Reiterate that stigma and discrimination harm people and make outbreaks harder to control.

Considerations for different stakeholders

Different stakeholders have different roles to play, here are some considerations for those actors when using this public health advice.

Owners and venue managers (permanent venues) including saunas and sex clubs:

- Communicate what the expectations and services (e.g., paid sick leave) are for staff/volunteers who have confirmed/suspected symptoms or who are close contacts of someone with Mpox symptoms.
- Train your staff. Recruit local health care providers to come and share information about common symptoms and the health care services available.
- If appropriate (i.e., you are at high risk of exposure to Mpox) and available, consider vaccination for you and your staff and encourage those applicable to seek vaccination.

Owners of venues and spaces that host or hold sex-on premises events:

- Make a plan with the organisers of the event to be held in your venue including how to communicate information about Mpox and following up with people after the event in case there is an outbreak.



- As above, if appropriate and possible, consider vaccination for you and your staff and encourage those applicable to seek vaccination.

Event organisers that promote and organise sex-on-premises events

- If you manage attendees at your event you can assist with post-event surveillance for Mpox and follow up with attendees for a health check and testing for Mpox and other STIs.
- Work with venue owners, promoters, and community influencers to develop a process to support cases of Mpox through providing information about health care and testing and encouraging notification of close contacts.
- Ensure information is available on safe behaviours for attendees including through flyers, information to accompany tickets, the event website and posters in the event space.
- Consider partnering with sexual health clinics or service provider organizations to facilitate referrals for testing for HIV, STIs, and other infections at sex-on-premises events.

People attending sex-on-premises venues or events, including events run informally with friends and communities

- Keep up to date about the risk of Mpox in your area and community. Check yourself regularly for symptoms. If you are living with HIV, take your medication regularly. This will help reduce your risk of severe Mpox if you contract the infection.
- If you have new and unusual rashes or sores, you should avoid attending events and having sex or any other kind of close contact with other people until you have been checked for STIs and Mpox.
- If possible, avoid close contact with persons who have confirmed or suspected Mpox.
- If you think you may be at risk of acquiring Mpox through sexual contact, you may choose to reduce the number of new sexual partners you have. Additionally, you may choose to have sex only with people that you stay in contact with, in case any of you develops symptoms. Remember that the rash can also be found in places that can be hard or impossible to see inside the body, including the mouth, throat, genitals, vagina, anus or rectum, and people may have this infection without knowing. Wearing a condom won't fully protect you from catching Mpox, but it will help protect you and others from a range of other STIs.
- If you think you have Mpox, have open, non-judgmental conversations with the people you come into close contact with at the event.
- If you have symptoms, seek health advice on getting tested for Mpox as well as other STIs before going to an event or sex-on-premises venue. If you don't know your HIV status, be sure to also ask for an HIV test.
- If you are at risk of exposure to Mpox get vaccinated if it is available to you in your context.

KEY MESSAGES FOR TRAVELLERS/MOBILE POPULATIONS



Before travel:

- Check destination-specific advisories for Mpox outbreaks.
- Ensure you're up to date on vaccinations including smallpox and Mpox (if eligible).

During travel

- Practice good hygiene: frequent handwashing, proper cleaning/disinfection.
- Avoid close contact with individuals showing symptoms like fever, headache or rash.
- Avoid touching wild animals, especially rodents (rats, mice) and primates (monkeys, baboons, apes).

After travel

- Monitor your health for 21 days after arrival.
- Seek medical attention immediately if symptoms develop (fever, headache, muscle aches, fatigue, rash).

General precautions

- Avoid close contact with others if you're experiencing symptoms.
- Wear protective gear (masks, gloves etc) if interactive with others while symptomatic.
- Keep your surroundings clean and disinfected.

Mobile populations

- Inform your community or group leaders about Mpox risks and prevention.
- Encourage open communication about symptoms and exposure.
- Follow local health guidelines and regulations.

Additional tips

- Pack a travel health kit with essentials like hand sanitizer and masks.
- Stay informed about local health conditions through reputable sources.
- Be prepared for travel disruptions or restrictions due to Mpox outbreaks.

By following these key messages, travellers and mobile populations can reduce their risk of getting Mpox and help prevent its spread

KEY MESSAGES FOR LONG DISTANCE TRUCK DRIVERS

Protection

- Wash hands frequently, especially after fuelling, using public restrooms, or touching surfaces
- Use hand sanitizer when soap and water are unavailable



- Avoid touching your face, especially your eyes, nose and mouth

Prevention

- Avoid close contact with others who show symptoms like fever, headache, or rash
- Do not share personal items like towels, utensils or bedding
- Keep your truck and surroundings clean and disinfected
- Practice safe sex (use condoms)

Symptoms

- Be aware of fever, headache, muscle aches and fatigue, which can be initial symptoms.
- Watch for a characteristic rash or blisters which appear 1 to 3 days after fever onset

Action

- If you experience symptoms or suspect exposure, seek medical attention immediately
- Inform your employer and public health authorities if you're diagnosed with Mpox.
- Cooperate with contact tracing and follow isolation guidelines

Stay informed

- Monitor local health advisories and updates from public health authorities.
- Follow reputable sources like WHO, MOHCC for Mpox information.

By following these key messages, truck drivers can help reduce their risk of getting Mpox and help prevent its spread

KEY MESSAGES FOR FUNERAL PARLOURS

- Follow proper infection prevention and control measures when handling deceased individuals who had Mpox such as wearing personal protective equipment (gloves, gowns and masks).
- Ensure proper cleaning and disinfection of equipment, surfaces, and facilities after handling deceased individuals with Mpox.
- Implement measures to prevent close contact with family members and others during viewings, such as using physical distance or using barriers.
- Provide information and support to families on Mpox prevention and safety measures during funeral services.
- Stay updated on local health guidelines and regulations regarding Mpox and funeral services.
- Consider virtual or online funeral services to minimize close contact among attendees.
- Ensure that staff is trained on Mpox prevention and control measures.
- Have a plan in place for managing and responding to potential Mpox cases among staff and attendees.



KEY MESSAGES FOR SCHOOLS

Prevention

- Encourage frequent handwashing and proper hygiene practices.
- Promote respiratory etiquette (covering mouth and nose when coughing/sneezing).
- Clean and disinfect high touch surfaces areas regularly.

Screening and response

- Monitor students and staff for Mpox symptoms (fever, headache, muscle aches, fatigue, rash).
- Isolate individuals with suspected Mpox and notify parents/guardians.
- Collaborate with local health authorities for testing and guidance.

Communication

- Inform learners, parents/ guardians and staff about Mpox risks and prevention measures.
- Provide regular updates on outbreaks and response efforts.
- Encourage open communication about symptoms and exposure.

Policies and procedures

- Develop or update Mpox-specific policies and procedures.
- Ensure alignment with WHO and MOHCC guidelines and regulations.
- Train staff on Mpox identification, transmission and prevention.

Protection measures

- Consider implementing mask-wearing and social distancing measures.
- Encourage staying home when sick or experiencing symptoms.
- Provide resources for remote learning if possible/needed.

Partnership

- Collaborate with local health authorities for guidance and support.
- Share information and best practices with other schools and educational institutions.

By following these key messages, schools can help prevent the spread of Mpox, protect the health and safety of learners and staff, and minimize disruptions to education.

KEY MESSAGES FOR PORTS OF ENTRY

Vigilance



- Be aware of Mpox symptoms: fever, headache, muscle aches, fatigue and rash.
- Identify travellers with symptoms or exposure history.

Screening

- Conduct temperature checks and visual inspections for rash or lesions.
- Ask about travel history especially to Mpox affected areas.

Checklist

- Use a standardized checklist to assess risk factors and symptoms.
- Ask about close contacts, especially in crowded areas like public transportation.

Isolation and referral

- Isolate travellers with suspected Mpox.
- Refer them to a health facility for evaluation and testing.

Communication

- Inform travellers about Mpox risks and prevention measures.
- Display clear signage and provide educational materials.

Collaboration

- Work with public health authorities to monitor and respond to outbreaks.
- Share information and best practices with other ports of entry.

Preparedness

- Ensure adequate PPE and infection control supplies.
- Train staff on Mpox identification, transmission and prevention.

Traveller guidance

- Advise travellers to seek medical attention if symptoms develop within 21 days of arrival.
- Provide information on local healthcare resources and Mpox testing.

By following these key messages, ports of entry can help detect and prevent the spread of Mpox, protecting the health and safety of travellers and the broader community

KEY MESSAGES FOR PRISONS AND CORRECTIONAL SERVICES



Prevention

- Ensure good hygiene practices, including frequent handwashing and proper cleaning/ disinfection of surfaces.
- Provide PPE like gloves, masks, and eye protection for staff.
- Encourage inmates to report symptoms promptly.

Screening and testing

- Screen inmates, staff, and visitors for Mpox symptoms upon entry and regularly thereafter.
- Test individuals with suspected symptoms and exposure.

Isolation and quarantine

- Isolate inmates with confirmed or suspected Mpox.
- Quarantine close contacts of infected individuals.

Communication

- Inform inmates, staff and visitors about Mpox risks and prevention measures.
- Provide regular updates on outbreaks and response efforts.

Infection control

- Enhance cleaning and disinfection protocols for high touch surfaces and areas.
- Ensure proper laundry and waste management practices.

Training

- Educate staff on Mpox identification, transmission and prevention.
- Provide training on proper PPE use and IPC measures.

Collaboration

- Work with public health authorities to monitor and respond to outbreaks.
- Share information and best practices with other correctional facilities.

By following these key messages, prisons and their officers can help prevent the spread of Mpox and protect the health and safety of inmates and staff

KEY MESSAGES FOR REFUGEE CAMPS

Awareness and education



- Provide clear and simple information about Mpox, including how it spreads, the symptoms and the importance of early detection.
- Emphasize the need for everyone to be aware of the signs and symptoms of Mpox and to seek medical care if they suspect they have been exposed or are experiencing symptoms.

Prevention measures

- Encourage good hygiene practices, such as regular handwashing, avoiding close physical contact, and cleaning frequently touched surfaces.
- Promote the use of PPE, such as masks, when in close contact with others.
- Encourage social distancing and limiting large gatherings or crowded settings, where possible, to reduce risk of transmission.
- Emphasize the importance of seeking medical care if someone develops Mpox symptoms and the availability of treatment options.

Community engagement and support

- Involve community leaders, healthcare workers, and trusted individuals in the dissemination of Mpox-related information and the implementation of prevention and response measures.
- Encourage open communication and address any rumours or misconceptions about Mpox to build trust and encourage cooperation.
- Ensure that support services, such as mental health and social services, are available for individuals and families affected by Mpox.

Coordination and collaboration

- Highlight the importance of coordination between various stakeholders, including government agencies, international organizations, and local authorities, to ensure comprehensive and effective response to Mpox.
- Emphasize the need for collaboration and resource-sharing among refugee camps and surrounding communities to maximize the impact of Mpox prevention and control efforts.

KEY MESSAGES FOR GYMS AND MASSAGE PARLOURS

Hygiene and cleaning

- Enhance cleaning and disinfection protocols for high-touch surfaces and equipment.
- Use proper hand hygiene practices and provide hand sanitizer for staff and clients.
- Regularly clean and disinfect massage tables, chairs, and equipment.



Client screening

- Ask clients about recent travel, symptoms, or exposure to Mpox.
- Be aware of clients with suspicious rashes or lesions.
- Refuse service to clients with suspected Mpox and refer them to health facilities for screening and further management.

Staff precautions

- Wear gloves and masks when interacting with clients.
- Avoid touching faces or mouths during services.
- Wash hands frequently and thoroughly with soap and clean running water/ use hand sanitizer.

Gym Equipment and facilities

- Regularly clean and disinfect gym equipment, especially high touch areas.
- Ensure proper ventilation and air circulation.
- Encourage clients to wipe down equipment after use.

Communication

- Inform clients about Mpox risks and prevention measures.
- Display clear signage and provide educational materials.
- Train staff on Mpox identification, transmission and prevention.

Testing

- Encourage staff to get tested if symptoms occur.

By following these key messages, massage parlours and gyms can reduce the risk of Mpox transmission and protect the health and safety of clients and staff

KEY MESSAGES FOR HEALTH WORKERS

Identification and Diagnosis

- Be aware of Mpox symptoms: fever, headache, muscle aches, fatigue, and rash.
- Use proper personal protective equipment (PPE) when interacting with suspected cases.
- Conduct thorough medical histories and physical examinations.

Infection Control



- Implement proper infection control measures: hand hygiene, sterilization, and disinfection.
- Use appropriate PPE: masks, gloves, gowns, and eye protection.
- Ensure proper ventilation and isolation procedures.

Testing and Reporting

- Test suspected cases promptly and report to public health authorities.
- Use specialized testing for Mpox (PCR or antigen tests).
- Inform patients about test results and follow-up procedures.

Patient Care

- Provide supportive care: hydration, pain management, and wound care.
- Use antiviral medications as advised.
- Monitor for complications and seek specialized care if needed.

Communication

- Educate patients and families about Mpox transmission, prevention, and treatment.
- Inform colleagues and public health authorities about suspected cases.
- Participate in contact tracing and follow-up activities.

Vaccination

- Consider vaccinating high-risk individuals (e.g., healthcare workers, close contacts) when vaccines are available.
- Follow vaccination guidelines and protocols.

Staying Informed

- Stay up to date with local and global Mpox outbreaks.
- Follow public health guidelines and recommendations.
- Participate in training and education on Mpox management.

By following these key messages, health workers can effectively identify, manage, and prevent the spread of Mpox, ensuring the best possible outcomes for patients and communities.

KEY MESSAGES FOR KEY POPULATIONS

Men who have sex with men

- Mpox can spread through close contact, including sex.



- Use condoms and practice safe sex (remember condoms do not offer protection against Mpox but can reduce risk of STIs).
- Get vaccinated when vaccines are available.
- Be aware of symptoms and seek medical attention if suspected.

Healthcare workers

- Wear proper PPE when interacting with suspected cases.
- Follow infection control protocols (hand hygiene, sterilization, and disinfection).
- Ensure proper ventilation and isolation procedures.
- Get vaccinated when vaccines are available.
- Stay informed about local outbreaks and guidelines.

Close contacts

- Monitor for symptoms for 21 days after exposure.
- Seek medical attention if symptoms occur.
- Follow isolation guidelines if infected.
- Get vaccinated when vaccines are available.

Pregnant individuals

- Mpox can be severe in pregnancy.
- Seek medical attention immediately if symptoms occur.
- Follow prenatal care guidelines.
- Consider vaccination when vaccines are available.

Immunocompromised individuals

- Mpox can be severe in immunocompromised individuals.
- Seek medical attention immediately if symptoms occur.
- Follow treatment guidelines.
- Consider vaccination when vaccines are available.

Public

- Be aware of Mpox symptoms and transmission.
- Practice good hygiene and safer sex.
- Get vaccinated when vaccines are available.
- Stay informed about local outbreaks and guidelines.



When talking about Mpox, certain words and language may have a negative meaning or connotation and may fuel stigmatizing attitudes.

Below are some do's and don'ts on language when talking about Mpox:

- Do talk about Mpox or the Mpox virus with communities most affected.
- Do not attach labels of demographics to the disease. For example, Mpox is not a 'gay' disease. Take care to note that anyone in contact with the virus can become infected.
- Do talk about 'people who have (and/or have had) Mpox.'
- Do not talk about Mpox cases.
- Do ask how people are feeling if they tell you they have Mpox.
- Do not ask them how they think they might have been exposed.
- Do talk about the behaviors that can lead to acquiring or contracting Mpox if the virus has entered social networks.
- Do not talk about people spreading Mpox or infecting others, as it implies that someone is doing this intentionally.
- Do use language like 'responding to' when talking about what is being done to stop the Mpox outbreak.
- Do not use combative language like 'fighting' Mpox.
- Do speak accurately about the risk, based upon the latest science and health advice.
- Do not repeat or share rumors or misinformation.
- Do talk positively, emphasizing the fact that most people will recover on their own, and the effectiveness of prevention and treatment measures.
- Do not overemphasize or dwell on the negative or the threat.
- Do not use hyperbolic language or language that generates fear.
- Do be careful and conscientious when choosing photos or developing graphics to show Mpox symptoms. Protect people's privacy and right to anonymity.
- Do not use images that can identify individuals or use images without personal consent.

When talking about the gay and bisexual men and other men who have sex with men, sexual orientation, and gender identities:

- Do focus on patterns we are currently seeing in the data, for example, 'Many of the cases we are currently seeing are in communities of men who have sex with men'
- Do not imply that those who identify as gay or bisexual are inherently more at risk or apply moral judgements or assumptions about people's sex lives.
- Do emphasize that everyone who has close contact with someone who is infectious is at risk of Mpox.
- Do not imply that only men who have sex with men are at risk.
- Do use the term 'sexual orientation' when talking about the sex or gender of the person or people are attracted to.



- Do not use the term ‘sexual preference.’ Sexual orientation refers to a person’s physical, romantic and/or emotional attraction towards other people. It is comprised of three elements: sexual attraction, sexual behavior, and sexual identity (WHO, 2016).
- Do use ‘gay, bisexual and other men who have sex with men’ when talking directly to these groups, and ‘men who have sex with men’ when talking more generally.
- Do not use acronyms like MSM when speaking as this can be perceived as lazy and dehumanizing – talk about men who have sex with men. MSM can be used in written documents once it has been mentioned in full.
- When talking about Mpox in West and Central Africa:
 - Do talk about previously affected and newly affected countries.
 - Do not talk about endemic and non-endemic countries.
 - Do use pictures of Mpox symptoms on a diverse array of skin colors and seek out pictures from the current outbreak.
 - Do not rely on old pictures of people from West and Central Africa who have Mpox when referring to countries from other parts of the world

Table 1: Mpox key messages and supporting messages

Key message	If you are at high risk of contracting Mpox - get vaccinated. It takes three weeks after being vaccinated to develop immunity.
Supporting message one	Know the signs and symptoms of Mpox and check yourself regularly. If you think you might have Mpox, get advice from a health worker and get tested, if possible
Supporting message two	Mpox is preventable and vaccination is an important part of stopping the spread of the disease.

AS NEW INFORMATION IS RECEIVED, THIS DOCUMENT WILL CONTINUE TO BE UPDATED.

MPOX FACTSHEET

Protect Yourself and Others from Mpox: What You Need to Know



What is Mpox?

Mpox, previously known as Mpox is a viral illness caused by the Mpox virus. It is a viral disease that can be transmitted from animals to people. The virus can cause a range of diseases and can lead to death. Early detection, isolation, and treatment of persons with Mpox control the spread of the disease.

Risk of Catching Mpox

Everyone is at high risk of getting Mpox. However, the following special groups are at the highest risk:

- Bisexual, and men who have sex with men
- Transgender and gender-diverse people
- People who have sex with multiple or sex workers.

Transmission of Mpox

Mpox spreads from person to person through:

- Physical contact with someone infectious
- Contaminated materials such as infected bedding, towels, clothing, or objects.
- Infected animals.
- Unprotected contact with respiratory droplets (e.g. talking, singing, breathing), lesion material, body fluids, contaminated materials, and surfaces.
- The respiratory tract, mucous membranes (eyes and mouth) and broken skin (e.g. animal bites).
- The placenta from mother to fetus (*which can lead to congenital Mpox*) or close contact during and after birth
- People who closely interact with someone infectious, including health workers, household members, and sexual partners are at greater risk of infection.
- Ulcers, lesions, or sores in the mouth are infectious.

A person with Mpox remains infectious while they have symptoms, normally for between 2 and 4 weeks.

Signs And Symptoms of Mpox

The interval from infection to onset of Mpox signs and symptoms is usually 1 to 21 days. The signs and symptoms include:

- Rash with blisters on face, hands, feet, body, eyes, mouth, or genitals



- Fever
- Swollen lymph nodes
- Headaches
- Muscle pain
- Back pain or aches
- General weakness
- Sore throat



Protect Yourself and Others from Mpox

- Avoid physical contact (skin-to-skin, face-to-face, mouth-to-skin contact including sexual contact) with someone who has signs and symptoms of Mpox.
- Do not share clothes, bedding, or other personal items with infected persons.
- Wash hands with soap under running water or use an alcohol-based hand sanitizer regularly (including before or after touching sore/open wounds).
- Wear a mask if you cannot avoid close contact.
- Using condoms may not prevent Mpox spreading during sexual contact, but can prevent sexually transmitted infections (STIs)
- Avoid unprotected contact with wild animals, especially those that are sick or dead, including their meat and blood.
- All foods containing animal meat or parts must be thoroughly cooked before eating.
- Get vaccinated when the vaccine is available.

If You Suspect You Have Mpox:

- Get tested
- Contact your nearest health worker/ community health worker immediately
- Stay (Isolate) at home until all scabs fall off and a new layer of skin forms
- Report anyone you had close contact with recently
- Cover lesions and wear a well-fitting mask when around other people
- Clean hands, objects, and surfaces that are touched regularly
- Wash hands frequently with soap and water or use an alcohol-based hand sanitizer
- Protect others by avoiding personal contact with them
- Wear a mask and avoid touching it
- Get treatment, manage complications, and prevent long-term complications
- Drink plenty of fluids and eat a balanced diet to maintain adequate nutritional status.



When Caring for A Person with Mpox

- Encourage the person to **cover any lesions with a light bandage or clothing** if possible
- **Wear a medical mask** and ask the patient to wear one also
- **Avoid skin-to-skin contact and use disposable gloves**
- **Clean hands regularly with soap and water or alcohol-based hand rub**, especially after contact with the patient or contaminated materials such as bedding, clothing, or eating utensils
- **Wash clothes, towels, bedsheets, and eating utensils** with warm water and detergent
- Wear a mask when handling any clothes or bedding
- **Clean and disinfect any contaminated surfaces** and dispose of contaminated waste.

Managing The Spread of Mpox

- Any person with suspected or confirmed Mpox should be isolated until their lesions have crusted and the scabs have fallen off.
- Report any suspected cases to the nearest health facility.
- Contacts should be monitored daily for the onset of symptoms for 21 days.
- Asymptomatic contacts should not donate blood, cells, tissue, organs, breast milk, or semen while they are under symptom surveillance.
- Asymptomatic contacts can continue daily activities such as work and school (i.e., no quarantine is necessary).
- Health workers who have unprotected exposures (i.e., not wearing appropriate PPE) to patients with Mpox or contaminated materials do not need to be excluded from work if asymptomatic but should undergo active surveillance for symptoms, at least twice daily for 21 days following the exposure.

Do not stigmatize people because of the disease. Anyone can get or pass on Mpox.

Report any suspected cases to the nearest health facility or call MoHCC toll-free number 2019. Information on Mpox is changing rapidly as we learn more. Get correct information on Mpox from trustworthy sources such as public health officials, WHO, Africa CDC, and UNICEF.

You can also use the following platforms to get more information: The Ministry of Health and Child Care website, Twitter handle, and Facebook page.



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