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Mpox

What is Mpox?

Mpox, formerly known as monkeypox, is a disease caused by an *Orthopoxvirus* from the same family as the variola virus, which causes smallpox. The virus was discovered in 1958, and the first recorded human case occurred in 1970.



{Image UK Health Security Agency}

How is **Mpox transmitted?**

This virus is **transmitted** through **close contact or skin-to-skin contact**, including direct contact with fluids from rashes or sores, saliva, mucous membranes, and genital areas. Transmission can also occur during **sexual contact, hugging, massage, and kissing.**

What are the **symptoms?**

People commonly develop a **localized rash on the genitals or other areas, such as the hands, feet, chest, face, or mouth.** Some people may experience cold-like symptoms before the rash appears, such as:

- Fever
- Chills
- Fatigue
- Headache
- Muscle aches
- Swollen lymph nodes
- Respiratory symptoms

Symptoms usually appear within **three weeks after exposure to the virus**. If respiratory symptoms occur, the rash will appear one to four days later.

When should you **get tested?**

Testing is recommended only if a person has a rash consistent with mpox. After being tested, the person should isolate while awaiting the results to avoid exposing others. If you have had close contact with someone who has mpox, contact your **healthcare provider** or the **Department of Health.**

How can **Mpox be prevented?**

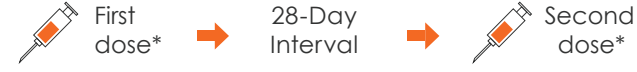
Anyone who has had close contact with someone who has mpox is at risk. It is recommended to wash your hands with soap and water, use hand sanitizer, and cover your nose and mouth with the inside of your elbow when sneezing or coughing. Vaccination is an important tool for **preventing the spread of the virus.**

Reference
Centers for Disease Control and Prevention. (2022). Severe Monkeypox in Hospitalized Patients — United States, August 10–October 10, 2022.
Retrieved from: https://www.cdc.gov/mmwr/volumes/71/wr/mm7144e1.htm?s_cid=mm7144e1_w

Mpox Vaccination

A vaccine is currently available in Puerto Rico to prevent mpox infection, **and it is safe for people living with HIV.**

This vaccine requires two doses



** It is administered intradermally in the forearm.*
It may also be administered subcutaneously with a medical order.

Who can get **vaccinated?**

It is recommended for people who, within the past two weeks, have had:

- sex with someone who has skin lesions
- sex with someone they do not know
- more than one sexual partner
- contact with someone with suspected or confirmed mpox
- attended an event where a case of mpox was reported

The vaccine is also recommended for people living with HIV and those taking PrEP.