

MPOX IN JAMAICA

Locally, the Ministry of Health and Wellness (MOHW) has confirmed cases of Mpox across all parishes. This spread of the infection across the country has put many at risk including those from rural areas.

Anyone who has close physical or intimate contact with someone with Mpox symptoms is at risk.

WHAT TO DO IF YOU HAVE SYMPTOMS OF MPOX:

- ▶ Use gauze or bandages to cover the rash to limit spread to others.
- ▶ Do not pop or scratch the rash.
- ▶ Do not shave the area with the rash until the scabs have fallen off and a new layer of skin has formed.
- ▶ Wash hands often with soap and water or use an alcohol-based hand sanitizer.
- ▶ Take medicines prescribed by your healthcare provider that can help you feel better.

People at increased risk of exposure should take the vaccine if available.

For the most up-to-date information on Mpox visit:

<https://www.moh.gov.jm/edu-resources/what-is-monkeypox/>

or contact Jamaica AIDS Support For Life
876-925-0021/2

FOR MORE INFORMATION ABOUT MPOX CONTACT: JAMAICA AIDS SUPPORT FOR LIFE

 876-925-0021/2

 WWW.JASFORLIFE.ORG



MPOX

Tips on how to protect yourself against Mpox



WHAT IS MPOX?

Mpox is an infectious disease caused by a virus. The virus causes rashes and flu-like symptoms. Mpox spreads from person-to-person through close contact.

WHAT ARE THE SYMPTOMS OF MPOX?

Symptoms usually appear within 5-21 days after contact with the virus and tend to last for two to four weeks.

SYMPTOMS INCLUDE:

- ▶ Rash in the form of pimples or blisters on the skin, which can affect any part of the body, although it is mostly observed on the genitals, anus, mouth, face, hands and feet.
- ▶ Fever, chills
- ▶ Swollen lymph nodes
- ▶ Muscle aches and pains
- ▶ Lack of energy
- ▶ Headache



HOW IS MPOX SPREAD?

- ▶ Close physical contact with someone who has symptoms, such as face-to-face contact and touching (including hugging, massaging, and kissing).
- ▶ Skin-to-skin contact during sexual intercourse, including oral sex and penetration (vaginal or anal). Touching of genitals (penis, testicles, labia, and vagina) or anus of a person with Mpox.
- ▶ Contact with the pimples, blisters or scabs that appear with the disease.
- ▶ Contact with objects and surfaces that have been used by a person with Mpox and have not been disinfected, such as bed sheets and towels and sex toys.



HOW CAN I PROTECT MYSELF AGAINST MPOX?

- ▶ Avoid close contact, including sexual contact, with persons with mpox or suspected case of the disease.
- ▶ Avoid skin-to-skin contact and wear disposable gloves if you have direct contact with the lesions.
- ▶ Wash your hands regularly with soap and water or rub them with alcohol based gel, especially after contact with the infected person, their clothing, bed sheets, towels, and other items or surfaces that you have touched, or that may have come into contact with their rash or saliva (e.g., silverware and dishes).
- ▶ Wear a face mask when handling clothing or bedding. Disinfect all surfaces, and dispose of contaminated waste (e.g. bandages) in closed bags.

