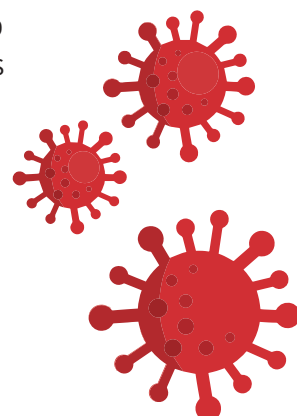


WHAT YOU NEED TO KNOW ABOUT MPOX

What is Mpox?

Mpox (formerly monkeypox) is a viral disease that is transmitted from animals to humans. It is a rare disease transmitted to humans from infected animals such as rodents and monkeys. Once a person is infected by an animal, person-to-person transmission may then occur.

Mpox can be spread through direct contact with infected animals and humans through blood, bodily fluid, skin or mucous lesions or respiratory droplets. Other routes of transmission may be from bites or scratches, eating infected meat and contact with contaminated items.



Mpox is transmitted through:

- Physical contact with bodily fluid of infected persons
- Contact with materials used by infected persons (bedsheets, towels etc) and surfaces that have been used by a person with monkeypox
- Digesting any infected animal when hunting, skinning or cooking them
- Respiratory droplets or oral fluids (e.g., fluids that comes out of the mouth and nose during breathing, talking, sneezing and coughing) or fluids during sexual intercourse.



WHAT YOU NEED TO KNOW ABOUT MPOX

What are the common signs and symptoms of Mpox?

- Rash on face, hands and legs
- Swollen lymph nodes
- Back and neck aches
- Intense headache
- High fever

How to prevent getting Mpox

- Wash hands with soap and water frequently or an alcohol-based hand rub
- Clean and disinfect any contaminated surfaces
- Avoid contact with contaminated materials of an infected person (e.g. bedding)
- Wear a mask when handling any clothes or bedding of an infected person
- If contaminated materials need to be cleaned, wash them with warm water and detergent

As we're monitoring the situation, we urge members to remain calm and follow any preventative measures. We'll keep you updated as things develop.

Treatment

The incubation period (time from infection to symptoms) for Mpox is on average 7–14 days but can range from 5–21 days.

Treatment is supportive, as with most viral infections. Most human cases of Mpox virus infection do not require any specific treatment and the disease resolves on its own. There are anti-viral drugs that a clinician may consider using for treatment of more severe cases of Mpox on a case-by-case basis.

Alternatively, stay at home (isolate) and avoid close contact with other people.