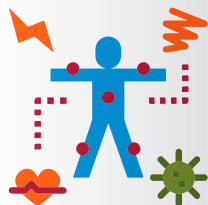


MONKEYPOX

Anyone had close physical or intimate contact with someone who has symptoms or rashes on the skin or mucous membranes (eyes, mouth, nose, vagina, anus) caused by this disease, is at risk.

Since the virus has been identified mostly in communities of gay, bisexual and other men who have sex with men, understanding about monkeypox, its symptoms, how it spreads, and how to protect yourself, can help to reduce transmission.



More information
www.paho.org/en/monkeypox

USE THIS SPACE TO INSERT
CONTACT INFORMATION OF
LOCAL HEALTH AUTHORITIES

MONKEYPOX

Useful information
for gay, bisexual and
other men who have
sex with men

February 2023

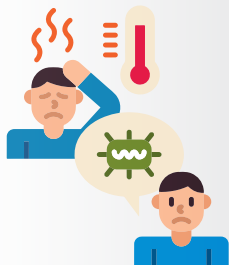


SYMPTOMS OF MONKEYPOX

Symptoms usually appear two weeks after contact with the virus and tend to last for two to four weeks.

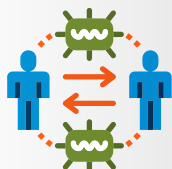
Symptoms include:

- 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, and mouth.
- Fever
- Inflammation of the rectum that may cause discomfort, bleeding, or discharge of mucus or pus.
- Swollen lymph nodes
- Headache
- Muscle aches and pains
- Lack of energy

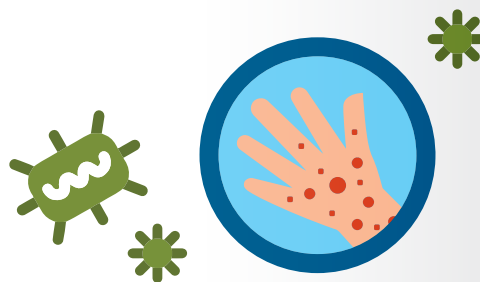


WAYS IN WHICH MONKEYPOX CAN BE TRANSMITTED

- 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 monkeypox.
- Contact with the pimples or blisters, and later scabs that appear with the disease.
- Contact with objects and surfaces that have been used by a person with monkeypox and have not been disinfected, such as bed sheets and towels.



- Close face-to-face contact or exposure to saliva and saliva droplets, through kissing.
- Contact with objects and surfaces that have been used by a person with monkeypox and have not been disinfected, such as bed sheets, towels, and sex toys.



HOW TO REDUCE THE RISK OF CATCHING MONKEYPOX IN PLACES SUCH AS PARADES, PARTIES, DISCOS AND LARGE GATHERINGS

Consider the degree of personal and close skin-to-skin contact at the event you plan to attend:

- If you feel unwell or have a rash or blister, do not go to any gathering, call a health service and clearly explain your symptoms.
- Avoid contact with rashes or sores that you can see on others and consider minimizing skin-to-skin contact when possible, especially in places that pose a higher risk, for example:
 - A party or nightclub where clothing is minimal and there is direct, personal, and often skin-to-skin contact.
 - Outbreaks have been reported in saunas and other enclosed places.



HOW CAN I PROTECT MYSELF AGAINST MONKEYPOX?

- Avoid close contact, including sexual contact, with persons with monkeypox or or suspected case of the disease.

If you need to have contact or live with someone who has symptoms:
- Encourage the person to isolate and cover any skin lesions if possible (e.g., with a light bandage or clothing over the rash).
- When in physical proximity, wear a mask (yourself, the ill person, and the caregiver.)
- 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).
- Wash clothes, towels, bed sheets, cutlery and dishes with hot water and detergent.
- Wear a face mask when handling clothing or bedding. Disinfect all surfaces, and dispose of contaminated waste (e.g. bandages) in closed bags.

