

MPOX

What you need to know

An outbreak of Mpox is occurring in many countries

- Taiwan Centers for Disease Control (TCDC) has declared Mpox as Category II of Notifiable Infectious Disease since June 23 2022.
- Mpox is preventable. The incubation period of Mpox is 3-21 days. Most people recover fully in about 2-4 weeks, but some people (for example, pregnant women, young children, elderly people, severely immunocompromised people, etc.), can get seriously ill.
- People with Mpox might experience **serious discomfort or pain**.
- Anyone can get Mpox. The transmission of Mpox includes person-to-person (close contact or respiratory droplets) and animal-to-human. **The most common route for transmission of Mpox during this current outbreak is person-to-person and close contact.** Adding to that, most cases are male.

Symptoms of Mpox often include

- Different types of skin lesions on the face, extremities, and genitals
- Fever, Headache, Mental distress
- Swollen lymph nodes (neck, armpits, groin, etc.)
- Muscle and back pain
- Pain and swelling of the rectum
- Pain or difficulty when urinating.



Transmission routes for Mpox include:

- **Person-to-person:**
 - Close contact with the patient's skin lesions
 - Intimate sexual contact with a patient, including: oral, anal, or vaginal sex
 - Contact with the patient's genitals (penis, testicles, labia and vagina) or anus
 - Hugging, massaging, or kissing the patient
 - Contact with a patient's respiratory secretions, damaged skin, mucosa, or contaminated objects (including personal belongings such as clothing, bedding, or towel)
 - Respiratory droplet transmission: from prolonged face-to-face contact
 - Mother-to-child transmission: the virus might be transmitted to the fetus directly through the placenta, or through contact during delivery
- **Animal-to-human :**
direct contact with the blood, body fluids, damaged skin, or mucosa of infected animals or having infected animals

How to protect yourself from Mpox

- If you are eligible for a Mpox vaccination, **please get vaccinated**
- **Avoid intimate behaviors with multiple or strangers.**
- **Be aware of your own health condition** at all times, check for any symptoms that look like Mpox
- If Mpox-like symptoms occur, wear a mask and seek medical assistance as soon as possible. Inform the healthcare provider of your Mpox contact history or history of exposure at high-risk premises venues.
- **Practice good hand hygiene** (wash your hands regularly, avoid touching your eyes, nose, and mouth)
- If a member of the household has Mpox, **clean and disinfect the household environment well.**
- If you travel to endemic areas, avoid contact with wild animals and eating meat that is not thoroughly cooked



Mpox vaccine

- The vaccine is produced with live, attenuated orthopoxvirus, Modified Vaccinia Ankara (MVA). Due to the fact that the virus does not replicate in mammal cells, it can be considered as an inactivated vaccine, and is a **relatively safe vaccine**.
- The recommended targets for vaccination:
 - 1 High risk contacts who have sexual partners diagnosed with Mpox
 - 2 Work with orthopoxviruses in a laboratory
 - 3 Individuals who have engaged in high-risk sexual behavior within the past 6 months (such as people with sexually transmitted diseases, multiple sexual partners, who are sex workers, and those who have engaged sex at commercial venues, etc.)
 - 4 Healthcare providers or cleaning personnel caring for Mpox cases, personnel performing diagnostic tests and vaccinations.
- The effectiveness of the Mpox vaccine reaches 40% to 80% protection in **14 days** after the vaccination. Therefore, it is suggested that people who received vaccination shall avoid high-risk behaviors within **14 days** after getting vaccinated.
- The second dose should be given at least more than 4 weeks after the first dose. After the second dose, the effectiveness of the vaccine will reach approximately 90%.
- Pain, redness, and swelling where the shot was given and whole-body muscle soreness are the most common side effects of an Mpox vaccination.



Anyone can get or spread Mpox, and our common enemy is the virus.
If we work together on prevention, we can stop the epidemic together.



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Refer to "Mpox: what you need to know" by WHO