

HELP STOP THE SPREAD OF MPOX

To help stop the spread of mpox, report any symptoms immediately to your healthcare provider. Follow these **guidelines for 21 days to keep yourself, your family, and others safe.**

What to do if you have been in contact with a person who has mpox?

- Inform your doctor or local clinic.
- Avoid sex or any close contact that involves skin-to-skin contact with another person.
- Do not travel outside of your home, town, or country during this time.
- Self-isolate at home and avoid contact with other people.
- Do not share cutlery, glasses, or dishes.
- Wash your clothes regularly.

What to do if you have mpox?

- Report any symptoms immediately to your healthcare provider.
- If you test positive and present with mild mpox self-isolate at home.
- Do not share bedding, towels, washcloths, toothbrushes, or razors.
- Do not share food, drinks, cups, cutlery, or dishes.
- Avoid contact with other people – this includes friends and family.
- You should only go out of your home for urgent medical or health appointments.

Mpox symptoms

The most common symptom of mpox is the rash. The rash consists of lesions, which develop and resolve over the course of 2-4 weeks. There may be few or many lesions present. These lesions are blister-like and may feel firm or even rubbery.



Other mpox symptoms



Other symptoms include fever, headache, muscle aches, back pain, low energy, and swollen lymph nodes.



If you develop a rash or other signs or symptoms of mpox, see a doctor or visit your nearest healthcare centre.



<https://www.nicd.ac.za/mpox-updates>

NATIONAL HELPLINE: 0800 012 322