

# WHAT IS MPOX?



Mpox is caused by the monkeypox virus. Not many people get mpox, but certain high-risk groups, such as men who have sex with men and sex workers, are more likely to get it. In 2024, South Africa reported mpox cases, along with several other countries around the world.

## The main ways to catch mpox are:

- Touching someone's blisters or scabs, including during sex, kissing, cuddling, or holding hands.
- Being close to someone with mpox when they are coughing or sneezing.
- Sharing items like bed sheets and towels.

Most people who have mpox do not get very sick and usually recover without treatment. But some people who have a weak immune system can become seriously ill from mpox. These people include young children, pregnant women, people who have certain illnesses, or people who take certain medications.

## 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**