

# STAY INFORMED AND TAKE CARE OF YOURSELF!



## > EVERYTHING YOU NEED TO KNOW ABOUT MONKEYPOX

### WHAT IS IT?



**MONKEYPOX IS A ZONOTIC DISEASE,  
PRIMARILY TRANSMITTED FROM ANIMALS  
TO HUMANS.**

However, it can also spread **from person to person** through close contact with an infected individual.



### THIS IS HOW IT IS TRANSMITTED:

> **Travelers:** people coming from areas with recent outbreaks **may represent a higher risk.**



> **Close contact:** includes **skin-to-skin contact** (such as touching or sexual intercourse) and **mouth-to-mouth or mouth-to-skin contact** (such as kissing). It may also include being **face-to-face** with someone who has the disease (such as talking or breathing near another person, which can generate infectious respiratory particles).

> **Infected surfaces:** it is possible for the virus to **persist for some time** on clothing, bedding, towels, objects, electronic devices, and surfaces that an infected person has touched.



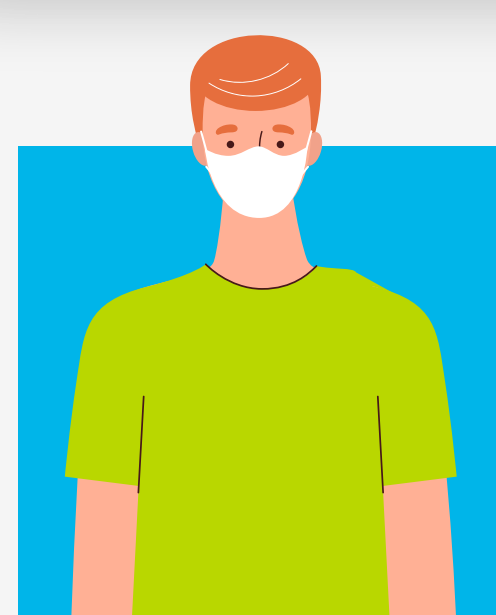
### COMMON SYMPTOMS:

- > Fever.
- > Severe headache.
- > Muscle aches.
- > Skin rashes resembling blisters or sores, and may affect the face, palms of the hands, soles of the feet, groin, and genital and/or anal regions.
- > Inflammation of the lymph nodes.
- > Extreme fatigue.
- > Chills.
- > Symptoms of respiratory disease such as sore throat, nasal congestion or cough.



### IF YOU PRESENT ANY OF THESE SYMPTOMS:

- > **Do not self-medicate** and seek medical attention.
- > **Monitor the lesions** until your skin heals completely.
- > **Avoid contact with others** until you receive medical attention.
- > **Isolate yourself at home** and communicate your temporary condition to family members and close contacts.



### TO PREVENT INFECTION:

- > **Avoid direct contact** with people who have rashes or symptoms.
- > **Wash your hands frequently** and properly.
- > **Do not share personal items** with people with symptoms.

*SOURCE: WORLD HEALTH  
ORGANIZATION (WHO)*



### IF YOU ARE PLANNING A TRIP SOON:

- > **Know the areas with active outbreaks;** you can find it in the official channels of the **World Health Organization (WHO).**
- > **Use personal protection in crowded places** such as airports and social areas.
- > Monitor your health **before, during, and after travel.**

THE BEST WAY TO PROTECT OURSELVES IS TO STAY INFORMED AND FOLLOW THE INDICATIONS OF OFFICIAL SOURCES SUCH AS THE WORLD HEALTH ORGANIZATION (WHO) AND THE HEALTH AUTHORITIES OF EACH COUNTRY.



Have more questions about monkeypox? Find the answers you need right here



Accurate information and prevention are our best tools.

WE ARE  
GREEN LIGHT