

Mpox! What is Mpox?



- Mpox (formerly known as monkeypox) is a disease caused by infection with a virus, known as Monkeypox virus. Mpox is not related to chickenpox.
- This virus is part of the same family virus that causes smallpox.
- The virus that causes mpox has been found in small rodents, monkeys, and other mammals that live in central and West African areas.

History of MPox

- The first human case of mpox was recorded in 1970, in what is now the Democratic Republic of the Congo, Africa.
- Mpox is a zoonotic disease, meaning it can be spread between animals and people. It is found regularly, in parts of Central and West Africa.
- In 2003, first US mpox outbreak was identified in 6 US states, after having contact with pet prairie dogs which were kept near small mammals imported from Ghana, Africa.
- Ever since 2022, mpox started spreading worldwide outside of Africa (Democratic Republic of Congo).
- People with mpox often get a rash, along with other symptoms.
- The rash will go through several stages, including scabs, before healing.
- Learn more about mpox history and symptoms at this link: tinyurl.com/aboutmpox

For any MPox-related questions, please call your local health department.

For residents of Adams, Clay, Nuckolls, and Webster Counties, contact the South Heartland District Health Department at (402) 462-6211 for a free, anonymous consultation.

Mpox!

Risks & Prevention



Risk of Severe Disease

Although cases of mpox are generally not life-threatening, certain individuals are more susceptible to severe illness. These include:

- People with severely weakened immune systems
- Children younger than 1
- People with a history of eczema
- People who are pregnant

Preventing Mpox

There are several ways you can protect yourself and others from mpox:

- Avoiding close, skin-to-skin contact with people who have any type of rashes and animals that carry the mpox virus.
- Learning steps you can take to lower your risk of mpox during sex or at a social gathering.
- Getting vaccinated. Check with your medical care doctor or your health department to find out anonymously if the mpox vaccine is recommended for you.

Learn more about Mpox anonymously through the link below:

tinyurl.com/aboutmpox

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Mpox Symptoms

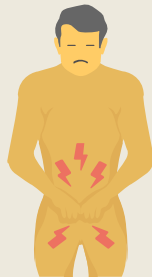


People with Mpox often get a rash

- Mpox rashes will go through several stages, including scabs, before healing.
- The rash can initially look like pimples or blisters and may be painful or itchy.

Mpox rashes may be located on

- Hands, feet, chest, face, or mouth
- Genitals, including penis, testicles, labia, and vagina, and anus.



Other symptoms of mpox can include

- Fever, chills, swollen lymph nodes, exhaustion, muscle aches and backache
- Headache
- Respiratory symptoms (e.g., sore throat, nasal congestion, or cough)
- You may experience all or only a few symptoms



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Mpox If Exposed

When do Mpox Symptoms Start and How Long do they Last?



- Typically, Mpox symptoms start within 3-21 days of exposure to the virus. Typically lasts for 2-4 weeks.
- It may start with flu-like symptoms, then you will likely develop a rash 1-4 days later.
- A person with Mpox can spread it to others from the 4 days before the symptoms start until the rash has fully healed and a fresh layer of skin has formed.



If you get any new unexplained rashes or any other mpox-like symptoms, especially after potential exposure to people with rashes, please do the following:

Contact / Visit a healthcare provider / medical doctor

- If you think you have mpox or have had close personal contact with someone who has mpox, visit a medical healthcare provider / doctor to help them decide if you need to be tested for mpox.



Avoid close contact with your partner and anyone

- Until you have talked to your healthcare provider, and please avoid any skin to skin contact including sex or being intimate with anyone.
- When you go visit your medical care doctor, please wear a mask.



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Mpox After Getting Sick



What is the treatment for Mpox?

- Medicines and vaccines developed to treat and protect against smallpox are being found to be effective against mpox because the viruses that cause mpox and smallpox are closely related.
- However, the type of treatment for a person with mpox will depend on how sick someone gets or whether they're likely to get severely ill.
- Most people with mpox recover fully within 2 to 4 weeks without the need for medical treatment.
- People with a weakened immune system or genital or rectal rashes, may need treatment.
- Drugs used to treat mpox require a medical prescription and must be requested by a healthcare provider / medical doctor.

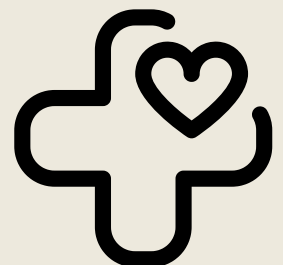


What else should I do to manage my symptoms?

Details such as below can be found at this link:

tinyurl.com/mpoxaftersick

- What to do after getting sick.
- Taking care of yourself.
- Managing symptoms.
- Protecting others from getting sick.
- Anonymously notifying close contacts to protect them.



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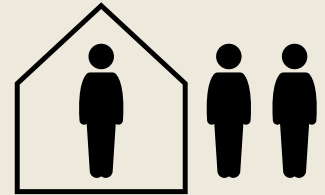
Mpox After Getting Sick



How to Protect your family, friends and others?

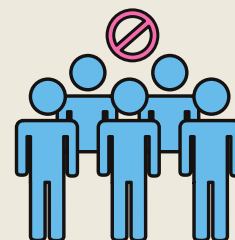
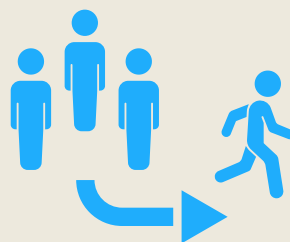
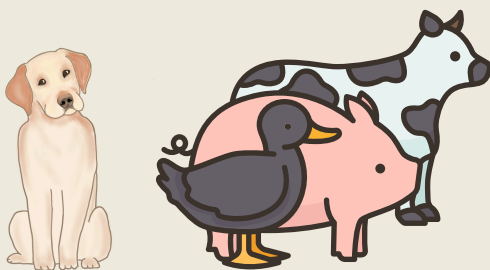
Preventing Spread to Others

- If you are sick with mpox, you are advised to stay at home (isolate) until all of your rashes have healed and a new layer of skin has formed.
- Staying away from other people and not sharing things you have touched with others will help prevent the spread of mpox.
- People with mpox should clean and disinfect the spaces they occupy regularly to limit household contamination and spreading to family members.



If you cannot isolate completely while you are sick, take precautions to limit the risk of spreading mpox to others such as

- Wear a well-fitting mask and cover lesions while around others.
- Disinfect surfaces in shared bathrooms or rooms between each use.
- Avoid close contact, including sex or being intimate with anyone.
- Avoid sharing objects (e.g., towels, washcloths, drinking from the same glass).
- Cover upholstered furniture and porous materials that cannot be washed.
- Mpox can also spread to animals, so staying away from pets, livestock and other animals is important.



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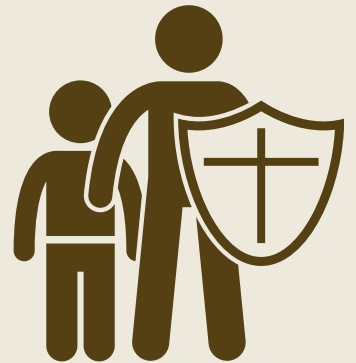
Mpox

After Getting Sick



Notifying Close Contacts : *How to Protect them?*

- If you have been diagnosed with mpox, it's important to notify your close contacts that they may have been exposed to mpox as soon as possible, to help protect them so they can watch for signs and symptoms, get tested, and isolate if they have symptoms.
- To notify your partner / anyone anonymously, use a trustable free service at tellyourpartner.org and visit the site to learn more about how they protect your privacy and their notifications.
- People should consider getting vaccinated if exposed less than 14 days ago, ideally within 4 days of exposure.
- Vaccination provides the best chance to prevent the disease or make it less severe. Learn more about vaccines at



Who Are Close Contacts?

A close contact is anyone who was exposed to someone with mpox symptoms through:

- Having sex; this includes oral, anal, or vaginal sex.
- Touching or coming in close contact with the rash of a person with mpox.
- Being hugged, cuddled, kissed, or having other prolonged skin-to-skin contact.
- Sharing cups, utensils, towels, clothing, bedding, blankets, or other personal objects and materials used by someone with mpox.



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How to Prevent Mpox?



How to reduce my risk of getting Mpox?

1. Lower your risk of mpox during sex or at a social gathering by avoiding close skin to skin contact with any rash you see on others and also consider temporarily delaying sex if you are at risk.
2. Avoid contact with objects and materials that a person with mpox has used. Avoid sharing utensils or cups, bedding, towels or clothing with a person with mpox.
3. Wash your hands often with soap and water, or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.
4. Handwashing is one of the best ways to protect you, your family, and your friends from getting sick.
5. Mpox vaccines are available to protect against mpox and also reduces the risk of severe symptoms. Learn more at this link: tinyurl.com/mpoxvaccinebasics



What should you do if you got exposed to Mpox?

Watch for symptoms of mpox for 21 days from the date of your last exposure to a suspected mpox affected individual. If you get a rash or any other Mpox-like symptoms, contact your medical care doctor immediately.

To know more about how Mpox rashes look like and for other symptoms awareness, go to the this link:

tinyurl.com/mpoxsymptoms



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How to Protect Yourself & Your Family?



Vaccines are available for protecting yourself and people around you from getting mpox and reducing the risk of having severe symptoms. The virus that causes mpox is related to the virus that causes smallpox. A currently available mpox vaccine is called JYNNEOS.



What is JYNNEOS?

- Jynneos is a 2-dose FDA-approved vaccine for prevention of smallpox and mpox in adults 18 years and older at high risk for infection. To know more about mpox vaccines: Go to tinyurl.com/mpoxvaccineinfo
- To know more about mpox symptoms, severity & complications, please go to this link: tinyurl.com/mpoxsymptoms
- People need to get both doses of the vaccine for the best protection against mpox.
- The second dose should be given 4 weeks after the first dose.
- People who are vaccinated should continue to avoid close, skin-to-skin contact with someone who has mpox until their rashes are completely healed and new skin layers appear.



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Mpox

How does Mpox Vaccines Work?



How does Mpox Vaccine work?

- The Mpox vaccine uses a virus called vaccinia, which is similar to the viruses that cause mpox and smallpox.
- However, this virus is weakened so it can't reproduce in human cells or spread to other people.
- When you get the vaccine, the weakened virus teaches your body to recognize and fight off the real virus. It does this by making your body produce antibodies.
- These antibodies remember how to protect you if you're ever exposed to the virus in the future.



How long it takes for the vaccine to work?

- You can start to have an immune response after the first dose of JYNNEOS, but it takes two weeks after the second dose to be the most protected.
- It's not known how long protection might last, or if protection might decrease over time.
- CDC is analyzing the current data and conducting studies to enhance the knowledge on how well the JYNNEOS vaccine works during the current mpox outbreak, as well as how long protection might last.
- These studies will be used to make future vaccine recommendations.

Where can you get Mpox Vaccines?

Contact your Local Health Department to anonymously inquire about Mpox Vaccines

Use this vaccine locator map to find an mpox vaccine site near you anonymously at tinyurl.com/mpoxvaccineinfo



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How to Protect Yourself?

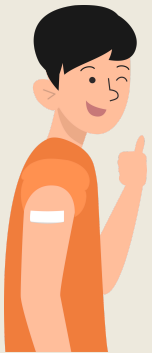


Who is eligible for Mpox Vaccine?

✓ Get the vaccine if you

Are of any gender AND in the last 6 months you have had, or expect to have in future any of the following:

- A new diagnosis of one or more sexually transmitted diseases (e.g., chlamydia, gonorrhea, or syphilis etc.)
- More than one sexual partner, or anonymous sexual or intimate contact
- Sex at a commercial sex venue
- Sex in association with a large public event in a areas where mpox is currently spreading; Go to the link: <https://tinyurl.com/mpoxcdcmap>



✓ Get the vaccine if you

- Have a sex partner with any of the above mentioned risks
- Have had sexual or intimate contact with someone who may have mpox. Get vaccinated as soon as possible after exposure, regardless of your sexual or gender identity.
- You anticipate experiencing any of the above scenarios
- You are at risk for occupational exposure to orthopoxviruses (e.g., certain people who work in a laboratory or a healthcare facility).



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