

Monkeypox, information and rules of conduct for close contacts at high risk of infection

County Medical Officers' infection prevention sheet

Why have I received this information?

You are receiving this information because someone you have been in close contact with has been diagnosed with monkeypox and you may have been exposed to infection. This means that there is a risk that you could get sick and infect others. This leaflet contains information about monkeypox and what you need to do.

What applies to you as a close contact?

If you are a close contact of a person with monkeypox, you are a suspected case and must not risk infecting someone else. Therefore, you must follow specific precautions from the moment you are informed.

The precautions mean that

- you should not go to work if this involves direct prolonged skin contact with others, such as healthcare and carer work, including childcare for younger children. You can apply for infection carrier's allowance from the Swedish Social Insurance Agency (Försäkringskassan) or discuss a temporary containment with your manager in accordance with the General Provisions. For example, there are no obstacles for office work.
- you should not participate in leisure and social activities that involve close contact with others, such as sports training
- preschool children should stay home from preschool
- you must disclose that you are a close contact of a person with monkeypox if you have contact with healthcare and social services staff, including home care and dental care
- you refrain from sexual contact
- you must follow specific hygiene procedures: be careful with your own hand hygiene (wash your hands), cough and sneeze in the crook of your arm or in a handkerchief and not towards other people
- you are not allowed to donate blood or organs or other tissues for transplantation
- you must come back for a follow-up visit or have telephone contact if your doctor tells you to.

Guardians are responsible for ensuring that children comply with the precautions. When contacting the healthcare system, the guardian is responsible for informing that the child is a close contact of a person with monkeypox.

What else do I need to do to protect others from infection?

According to the Infectious Diseases Act, anyone who has or is suspected of having an infectious disease has a **duty to protect** others. Along with the above precautions, you are therefore obliged to do the following to avoid the risk of infecting someone else:

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- Aim to live alone; if you share a flat, keep your distance as far as possible, sleep in your own room and use your own bathroom.
- Avoid close contact with people at risk of severe monkeypox disease: pregnant women, people with compromised immune systems and young children.
- Avoid contact with mammals, as they can also be infected by the virus and pass it on to other people. If contact with mammals cannot be avoided, wear a mask and gloves when handling animals. If an animal has already been in your vicinity while you are contagious, it should be kept away from other animals and people outside the household.

How long do these precautions apply?

The precautions apply from the time you are informed. The healthcare provider who contacted you will let you know how long the rules apply to you. After that date, you are no longer at risk of falling ill and can return to work and other activities as long as you do not have symptoms.

What should I do if I develop symptoms of the disease?

During the time you should follow the precautions, you should also be on the lookout for the following symptoms:

- disease symptoms, such as body aches
- fever over 38°C
- shivering
- enlarged lymph nodes
- skin rash, ulcers, or blisters on the skin or mucous membranes
- pain around your anus/from your rectum.

As a basic health check, you are advised to check your temperature twice a day during this time.

If you experience any of these symptoms during this period, you are obliged under by the Infectious Diseases Act to contact your healthcare provider for advice and possible testing. The healthcare provider who contacted you will tell you where to go. **If you develop symptoms, you should isolate yourself at home to the extent that you are able while waiting for testing and test results.**

Do I need to be tested if I do not get symptoms?

If you are a close contact of a person with monkeypox, you do not need to be tested as long as you do not have symptoms.

What do I do if I need medical care for monkeypox or another disease?

You should not go directly to a healthcare centre/emergency room/hospital. First, call 1177 to get directed to the right place in the healthcare system, telling them that you are a close contact of a person with monkeypox. If you become critically ill, call 112.

How do I appeal my precautions?

If you have received precautions that you think are wrong, you can contact the infectious diseases doctor in your region.

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FACT SHEET**What is monkeypox?**

Monkeypox is caused by the monkeypox virus, which belongs to the orthopox virus family. In a typical disease progression, one or more of the following symptoms occur within 5 to 21 days of infection: fever, shivering, swollen lymph nodes, headache and backache. Within 1 to 3 days after the onset of fever, a rash develops which turns into blisters and then ulcers. The blisters and ulcers can be painful. Some people get an inflammation of their rectum, which can be painful.

How is monkeypox transmitted?

In the spring of 2022, countries in Europe and the rest of the world have seen an increase in the number of cases of monkeypox, mainly among men who have sex with men (MSM), where blisters and ulcers on the genitals, around the anal opening or mouth have been common. Where transmission has been observed, it has been through intercourse or other close skin contact.

Monkeypox occurs through transmission from animals to humans in West and Central Africa. Human-to-human transmission can occur through contact with droplets from the respiratory tract, close contact through mucous membranes or damaged skin with wound secretions and bodily fluids from an infected person.

Information links

<https://www.folkhalsomyndigheten.se/smittskydd-beredskap/smittsamma-sjukdomar/apkoppor/>

[What is monkeypox? - 1177](#)