

## **Monkeypox, information for contacts with low risk of infection**

### **County Medical Officers' infection prevention sheet**

#### **Why have I received this information?**

In the context of the mapping of contacts around a person with monkeypox, you have been assessed as being at risk of infection. However, the risk of infection is considered to be low. This leaflet contains information about monkeypox and what you need to do.

#### **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 more 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.

#### **What do I need to do?**

The following medical and practical advice applies from the time you are informed. The healthcare provider who contacted you will inform you of the duration of this. It is important during this period that you

- are observant of disease symptoms, see further below
- are careful with your own hand hygiene (wash your hands), cough and sneeze into the crook of your arm or into a handkerchief and not towards other people
- do not give blood or donate organs or other tissues for transplantation.

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

During the period of time you have been notified, you should watch 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.

***smittskyddsenheten***

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If you experience any of these symptoms during this period, you are required 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.**

**Information links**

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

[What is monkeypox? - 1177](#)