

Mpox

Information for Patients/Guardians



What is Mpox?

Mpox is a viral illness (previously known as monkeypox). It can cause fever, a skin rash, and swollen glands. The illness usually lasts two to four weeks. Most people recover fully without special treatment.

However, young children, pregnant women, and people with weak immune systems can become seriously ill.

How does Mpox spread?

Mpox spreads mainly through close physical contact with a person who has the infection. This includes touching the skin rash, blisters, or scabs of an infected person.

It can also spread by touching items used by an infected person, such as clothing, bedding, or towels. The virus can also spread during close face-to-face contact through droplets from coughing, sneezing, or talking, as well as through body fluids. A pregnant woman with Mpox can pass the infection to her baby during pregnancy or around the time of birth.

The virus does not spread easily through brief, casual contact.

Is Mpox spreading in Pakistan?

Yes. Earlier, most cases in Pakistan were found in travellers arriving from other countries. Now, cases are also being found in people with no travel history. This shows that the virus is now spreading within the community. Children and newborns have also been affected.

What are the signs and symptoms?

Symptoms usually appear one to two weeks after contact with the virus. You may have one or more of the following:

- Fever and chills
- Headache and body aches
- Swollen glands (lymph nodes) in the neck, armpits, or groin
- Tiredness
- A rash that begins as flat spots, then turns into bumps, blisters, and later forms scabs

The rash can appear on the face, hands, feet, chest, or other parts of the body. It may be painful or itchy. A person can spread the infection until all scabs have fallen off and new skin has formed.

How is Mpox different from chickenpox?

Mpox and chickenpox can look similar, but in Mpox, the rash lesions usually

appear in the same stage (all look similar at a given time) and tend to be more painful.

Swollen glands are a key feature of Mpox but not of chickenpox.

Who is at higher risk of severe illness?

- Young children and newborns
- Pregnant women
- People with weak immune systems, especially those living with untreated HIV

Is there a treatment for Mpox?

There is no specific medicine for Mpox. Treatment focuses on relieving symptoms. This includes managing fever and pain, keeping the skin clean, drinking fluids, and getting enough rest.

Most people recover on their own. Your doctor will guide you if you need hospital care.

Is there a vaccine?

A vaccine for Mpox does exist. However, it is not yet widely available in Pakistan. If the situation changes, your healthcare team will inform you.

How can I protect myself and my family?

- Avoid close physical contact with anyone who has an unexplained rash or skin blisters.
- Do not share personal items like towels, bedding, or clothing with a sick person.
- Wash your hands often with soap and water or use an alcohol-based hand rub.
- If someone at home is sick with Mpox, they should stay in a separate room and use separate utensils until fully healed.
- If you develop a rash with fever, see a doctor right away and avoid close contact with others.
- Do not touch or scratch the rash. This can spread it to other parts of your body, pass the infection to others, and increase the risk of skin infection.
- Disinfect surfaces in shared bathrooms or rooms between each use if there is an unexplained rash.

What should I do if I think I have Mpox?

- Visit your nearest healthcare facility immediately.
- Inform the doctor about any contact you may have had with a person who has Mpox or an unexplained rash.


- Cover your rash with gauze or bandages to limit spread. Wear a mask when around others.
- Do not pop or break the rash blisters. This does not speed up recovery.
- Do not shave areas with the rash until the scabs have fallen off and a new layer of skin has formed.
- Stay isolated at home or in a healthcare facility until all your scabs have fallen off and new skin has formed.

What happens if I am admitted to the hospital?

You will be placed in a separate room to prevent the spread to other patients. Healthcare workers will wear protective equipment such as gloves, gowns, and masks while caring for you. Your close contacts will be identified and monitored.

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