



GENERAL INFORMATION

What is mpox virus

MPOX is a **zoonosis**, that is to say a disease transmitted from animals to humans (rodents).
Transmission is also **between humans**.

Areas at risk (Central and West Africa)

The main identified focus of transmission is in the Democratic Republic of Congo (DRC). Confirmed cases have also been reported in Rwanda, Uganda, Burundi, Kenya, Central African Republic and Congo.

Clinical symptoms and incubation period

- **Fever** (inconstant, sometimes intense), **painful lymph nodes**, **headaches**, **body aches**, **fatigue**.
- Skin lesions: **vesicles**, pustules, which can affect the entire body, particularly the palms and soles of the feet, oral and ano-genital areas.
- Single thrust in general, but possibility of lesions of different ages.
- **Healing in 2 to 4 weeks**, with formation of **scabs**, **themselves still infectious**.
- **Incubation 5 to 21 days** (fever 1 to 3 days).

Transmission

Through **contact with an animal** in a risk area, a **human being** (skin lesions, mucous membranes, scabs, sexual intercourse, droplets of saliva) or **materials** (bedding, shared linen, toiletries or dishes, etc.) **contaminated by the virus**.

SUPPORT

- If you are contaminated, if you have been in contact with an infected person:
 - contact your doctor
 - or the [CeGIDD le plus proche](#)
 - or SAMU Center 15
- **Diagnosis** by PCR on lesions.
- **Isolation for 21 days** or until **complete healing of skin/mucous membrane lesions (working from home or sick leave)**.
- **Avoid social interactions**, avoid all contact with animals.
- Cover skin lesions, respect **barrier measures** (surgical mask, gloves, hand washing), wash clothes separately (60°C if possible).
- **Treatment:**
 - clean the lesions with soap and water +/- aqueous chlorhexidine
 - analgesics, **do not take NSAIDs**
- **Vaccination** in an authorized center (2 doses spaced ≥ 28 days apart):
 - post-exposure within 4 days (max. D14)
 - in pre-exposure for people at risk (according to HAS advice)
- **Surface disinfection by virucides to standard EN14476.**
 - 70% ethanol (≤ 1 minute)
 - sodium hypochlorite 0.25-2.5% (1 minute)
- **Mandatory reporting** disease (contact tracing by the ARS).
- Declaration of **work accident** only if of professional origin.

Monkeypox Info service

 **0 801 90 80 69**

(Plateforme téléphonique d'information gratuite, accessible 7j/7, de 8h à 23h)

