

## Is there a vaccine for mpox?

The vaccines that protect against mpox are not currently available in Nigeria.

Everyone should take steps to protect themselves against the virus.

## How can I support a friend, family, or community member who has mpox?

Encourage anyone with signs and symptoms of mpox to go to a healthcare facility.

Do not stigmatize anyone with suspected or confirmed mpox.

Welcome and support people who recover from mpox.

Medical care is available for people sick with mpox.

Visit a healthcare facility if you have signs or symptoms.



For more information, visit your State Ministry of Health (State Epidemiologist) or contact the following

**NCDC Call Centre 6232**

**SMS 08099555577**

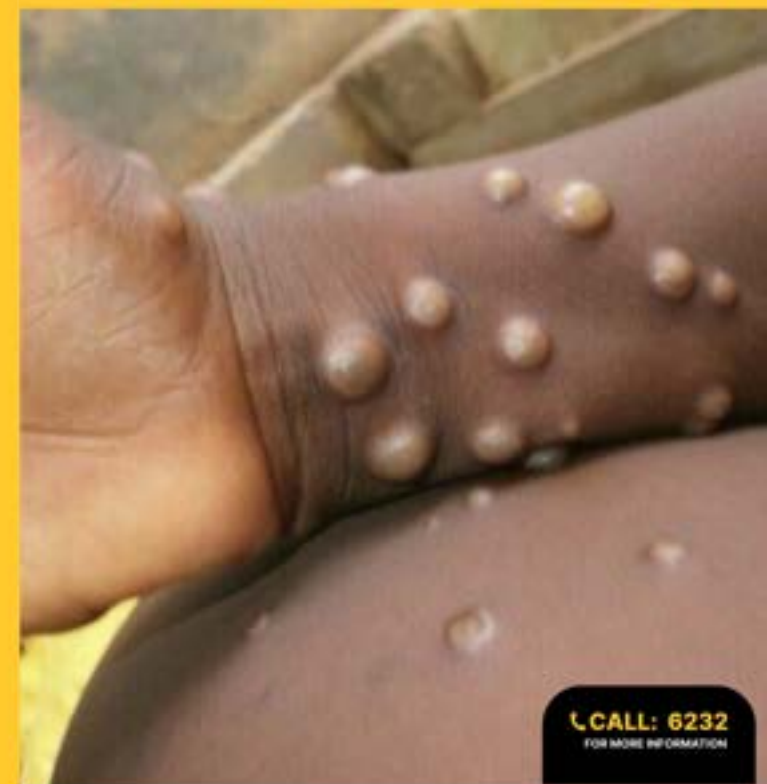
**WhatsApp 07087110839**

 [NCDC.GOV.NG](https://ncdc.gov.ng)  [INFO@NCDC.GOV.NG](mailto:INFO@NCDC.GOV.NG)

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# WHAT YOU NEED TO KNOW ABOUT MPOX (MONKEYPOX)



**CALL: 6232**  
FOR MORE INFORMATION



## What is mpox?

mpox, formerly called monkeypox, is a disease caused by the monkeypox virus. Most patients recover, however, it can result in long term complication or death if not managed appropriately. People with weakened immune systems are most likely to get seriously ill or die from mpox.

## What causes mpox?

Like many other diseases, mpox is caused by a virus.

## How does mpox spread?

The monkeypox virus is spread through

- Direct contact with the rash or body fluids from a person sick with mpox
- Contact with respiratory droplets of someone sick with mpox
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone sick with mpox
- Contact with an infected animal

## Who is at risk for mpox?

Anyone who comes in contact with an animal or human infected with the virus or materials contaminated with the virus can be infected with the monkeypox virus.

People at a higher risk for infection include

- Caregivers of those sick with mpox
- Doctors, nurses, and other health workers who care for patients
- Traditional healers
- Hospital and health facility cleaning staff
- Laboratory staff that handle samples

## What are the signs and symptoms of mpox?

Symptoms of mpox can include

- Rash containing pus or fluid on any part of the body including hands, face, feet, and genitals
- Headache
- Fever
- Muscle and back aches
- Sore throat
- Swollen lymph nodes
- Weakness

## When do symptoms appear?

It can take 5 to 21 days for signs and symptoms of mpox to appear after exposure to the virus.

## How can mpox be prevented?

To prevent the spread of the virus, avoid close contact with people who are sick with mpox.

Do not share cups, utensils, bedding, or other objects.

If possible, isolate people sick with mpox away from others until they have recovered and their rash has healed.



## Is there a treatment for mpox?

There is no treatment for mpox, however, medical care can be provided to treat symptoms at healthcare facilities.

If you feel ill or have pox marks appear, do not self-treat. Go to the nearest healthcare facility.

## How can mpox be prevented?

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Do not share cups, utensils, bedding, or other objects.

If possible, isolate people sick with mpox away from others until they have recovered and their rash has healed.



## How can health workers protect themselves and their patients?

Health workers can take steps to protect themselves and their patients, including

- Following standard infection prevention protocols
- Wearing proper personal protective equipment while caring for patients
- Avoiding contact with blood and other body fluids
- Isolating patients sick with mpox away from others
- Washing hands regularly with soap and water

Report suspected cases of mpox to the State Epidemiologist at the State Ministry of Health or the Disease Surveillance Notification Officer (DSNO) at your LGA.



For more information, please contact the following  
**NCDC Call Centre 6232**  
**SMS 08099555577**  
**WhatsApp 07087110839**

[NCDC.GOV.NG](https://ncdc.gov.ng) [INFO@NCDC.GOV.NG](mailto:INFO@NCDC.GOV.NG)

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# INFORMATION FOR HEALTH WORKERS ON MPOX (MONKEYPOX)



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## mpox Definitions

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**Suspected case:** Any person presenting with a history of sudden onset of fever and a vesiculopustular rash occurring on any part of the body

**Confirmed Case:** Any suspected case with laboratory confirmation (viral identification by polymerase chain reaction: PCR, antibody detection, viral isolation)

**Probable case:** A suspected case with epidemiological linkage with a confirmed case in whom laboratory testing could not be carried out for confirmation

**mpox death:** Any death due directly to the clinical manifestation or sequelae of mpox

**Contact:** Any person who has no symptoms but has been in direct or indirect contact with a suspected case since onset of symptoms (i.e. skin lesions, oral secretions, urine, faeces, vomitus, blood, sexual contact, sharing a common space)

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