

MPOX KEY FACTS

- Mpox is a viral illness causing a characteristic rash.
- The most common symptom of mpox is the rash. The rash consists of lesions which develop and resolve over the course of 2-4 weeks. There may be few or many lesions present. These lesions are blister-like and may feel firm or even rubbery. When more than one lesion is present, the lesions may appear to be the same size and shape.
- Other symptoms also include fever, headache, muscle aches, back pain, low energy, and swollen lymph nodes.
- Most people with mpox will recover within 2–4 weeks.
- In South Africa, mpox is mostly transmitted through close skin-to-skin contact. During the multi-country outbreak of mpox, sexual encounters are often associated with transmission.
- Laboratory confirmation of mpox is done by testing skin lesion material by PCR.
- Mpox can be prevented by avoiding physical contact with someone who has it.



If you develop a rash or other signs or symptoms of mpox, see a doctor or visit your nearest healthcare centre.



<https://www.nicd.ac.za/mpox-updates>

NATIONAL HELPLINE: 0800 012 322



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