

MPOX | ADVICE FOR TRAVELLERS

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Useful Information

Mpox is an infectious disease caused by a zoonotic virus (monkeypox virus -MPXV) of which two clades are known: I and II.

The disease is endemic in some areas of Africa. By the end of 2023, an outbreak of mpox has affected the Democratic Republic of Congo (DRC) and other African countries.

The disease can last two to four weeks and can manifest itself up to 21 days after exposure to the virus.

Before leaving on a journey

- 1.** Get information on the presence of mpox in the country of destination, also by checking the website www.viaggiaresicuri.it of the Ministry of Foreign Affairs and of International Cooperation, and check in which countries travel is not recommended
- 2.** Consult your doctor or travel medicine centre to find out how to protect yourself and others before, during and after your trip
- 3.** If you plan to travel to one of the countries with confirmed outbreaks of MPXV clade I, avoid contact with wild animals and do not attend events with mass gatherings

How it is transmitted

MPXV is transmitted through close contact with infected persons or animals or by touching surfaces or objects contaminated with the Virus.



PERSON >> PERSON

Through close physical contact

- > skin-to-skin with infected skin lesions
- > mouth-to-mouth or mouth-to-skin (kissing), face-to face (even when speaking or breathing in close proximity)
- > saliva and upper respiratory tract discharge
- > sexual intercourse (oral, anal or vaginal)
- > vertical transmission from mother to foetus (during pregnancy) or to the child (during or after the delivery)

Through contaminated surfaces or objects

- > such as clothes, sheets, towels, cutlery, electronic devices, etc.



INFECTED ANIMAL >> PERSON

- > through bites or scratches or during hunting and meat handling.

What are the symptoms

- > eruptions (papules, vesicles, and pustules) on
 - the skin all over the body (including palms and soles)
 - mucous membranes (mouth, genitals, anus, rectum, eyes)
- > fever, headache, backache, muscle pain, enlarged lymph nodes

Fever appears in the first 3 days, followed by the skin rash that can last up to 4 weeks. Some patients may manifest severe forms.

Upon returning to Italy

If in the 21 days following your return from an affected country you should experience symptoms compatible with the disease contact your doctor as soon as possible informing them of your recent trip.

In the meantime, in case of manifestation of symptoms, as a precautionary measure:

- avoid contact with other people
- abstain from sexual activity
- frequently sanitise your hands



If you want to know more...



Ministero della Salute

www.salute.gov.it