



## IZOLASYON DAN LAKOUR

Bann pasyan ki pa bezwen ganny admit lopital ouswa ki napa akse avek fasilite izolasyon i kapab reste an izolasyon dan lakour an swivan sa bann mezir:

- En dimoun ki ganny sispekte ouswa konfirman avek maladi mpox pa sipoze kit zot lakour eksepte si zot bezwen akse avek swen medikal.
- Sa dimoun ki enfekte ouswa en dimoun kinn ganny kontak avek boubou en dimoun ki enfekte i sipoze lav lanmen avek savon e delo.
- En dimoun ki enfekte e ki annan enta boubou ki pa kapab kouver (san pran kont boubou lo figir) e ki annan latou, lagorz fermal e lerim ki koule i bezwen reste an izolasyon dan en lasanm separe avek bann lezot manm fanmiy.
- Evite akey viziter kot ou lakour ler ou dan izolasyon.
- Zanimò domestik i bezwen ganny garde dan en lanvironman separe kot en dimoun enfekte i ete.



## KONTAKTE NOU

*pow plis lenformasyon*



**4388000**



Minister Lasante

**Maladi**  
**Mpox**

## MALADI MPOX

Maladi mpox l en lenfeksyon ki ganny propaze par zannimo. Son sentonm l preski parey sa ki pour laveret, menm si klinikalman l ganny konsidere koman mwen sever. Maladi mpox l andemik dan was ek les lafrik, dan ki plis ki mil ka l ganny raporte par an. Me konsern kin annan resaman se ki l pe aprezan ganny idantifye dan bann pei ki pa andemik enkli dan bann dimoun ki pan vwayaz dan bann pei andemik. In ganny sa non akoz in ganny dekouver pour premye fwa dan zako.

## KI SON SENTONM?

Normalman son sentonm l ant set a katorz zour si ou ganny ekspoze avek sa viris. l kapab arive ki sa peryod letan l redwir pour senk zour oubyen l prolonze ziska 21 zour. Bann sentonm l normalman komans avek:

- Bann pti bouton ki komans dan figir
- Lafyev
- Latet Fermal
- Douler dan misk
- Lafatig
- Douler dan ledò



## KI MANYER OU KAPAB PROTEZ OU LEKOR KONT GANNY ENFEKTE AVEK MALADI MPOX?

l annan detwa mezir ki ou kapab pran pou protez ou kont ganny enfekte;

- ✓ Dimounn ki annan maladi mpox l bezwen reste an izolasyon kont lezot dimounn ziska ler sa lagratel inn fini ale
- ✓ Pratik bon sistenm lizyenn lanmen apre ki ounn ganny Kontak avek dimounn ki annan maladi mpox
- ✓ Sa l lav lanmen byen avek savo e delo ouswa servi en sanitiser ki kontenir lalkol.
- ✓ l annan detwa mezir ki ou kapab pran pou protez ou kont ganny enfekte;
- ✓ Servi bann lekipman proteksyon parey mask e legan ler an Kontak avek dimounn ki enfekte
- ✓ Evite ganny Kontak avek okenn lobze kinn ganny posibleman kontaminen parey tapi lili



## KI MANYER MALADI MPOX l GANNY TRETE?

Sa maladi l normalman dire pou 2 a 4 semenn. l posib ki serten pasyan l bezwen latizann pou douler e reste anba sirveyans en profesyonel lasante. l posib ki serten pasyan l kapab bezwen lasistans atraver floud e latizann donner dan lavenn pou kontrol lafyev e douler. l annan serten medikaman pou tret dimonn ki develop maladi sever. l posib ki bann ki develop maladi sever l resevar swen entansiv.



## SELF-ISOLATION IN A HOME SETTING

Patients who do not require hospitalization or may not have access to an isolation facility may be isolated at home using the below protective measures:

- Persons with suspected/confirmed mpox should not leave the home except as required for medical reasons.
- Hand washing with soap and water should be performed by infected persons and contacts after touching lesion material
- Persons with extensive lesions that cannot be easily covered (excluding facial lesions), e.g. cough, sore throat, and runny nose should be isolated in a room from other family members where possible
- Visitors should be avoided during the period of isolation
- Pets should be excluded from the ill person's environment
- As much as possible the isolated person should not share toilet bathroom facilities

**SEE A HEALTHCARE PROVIDER IF YOU DEVELOP SYMPTOMS**

*Or*



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# Mpox

### WHAT IS MPOX?

Mpox is an infectious viral disease that can occur in humans and other animals. Symptoms include a rash that forms blisters and then crusts, fever and swollen lymph nodes. The illness is usually mild, and most infected individuals recover within a few weeks without treatment but complications may arise in certain individuals. As well as, touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with Mpox.

### WHAT ARE THE SYMPTOMS?

Symptoms usually begin 7-14 days after exposure to the virus. This can be as short as 5 days or as long as 21 days. Mpox usually begins with:

- A rash that usually starts in the face
- Fever
- Headache
- Muscle aches
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion



### SHOULD YOU DEVELOP ANY OF THE SYMPTOMS:

- stay home and in your own room if possible,
- wash hands often with soap and water or hand sanitiser, especially before or after touching sores,
- wear a mask and cover lesions when around other people until your rash heals
- keep skin dry and uncovered (unless in a room with someone else),
- avoid touching items in shared spaces and disinfect shared spaces frequently,
- use saltwater rinses for sores in the mouth
- take sitz baths or warm baths with baking soda or Epsom salts for body sores

### HOW IS MPOX TREATED?

The illness usually lasts for 2-4 weeks and is mild. Some patients may need simple pain medicines and oral fluids, with a health care professional monitoring their health. A few patients may need supportive management such as intravenous fluids and medicine to control fever or pain. There are some medications available that may assist in treatment of people with severe illness. Severe cases may need intensive care.



### HOW IS MPOX PREVENTED?

There are a number of measures that can be taken to prevent infection with mpox virus:

- ✓ People who have mpox should self-isolate from others until the rash is fully resolved
- ✓ Practice good hand hygiene after contact with people with mpox. For example, washing your hands with soap and water or using an alcohol-based hand sanitiser.
- ✓ Use personal protective equipment (PPE) around people infected including masks and gloves
- ✓ Avoid contact with any materials, such as bedding and towels, that have been in contact with an infected person