

MPOX: WHAT YOU NEED TO KNOW

Mpox is a rare disease caused by the mpox virus. Until spring 2022, mpox cases were rare in the U.S. The Delaware Division of Public Health (DPH) announced Delaware's first case on July 12, 2022.

TRANSMISSION OF MPOX

Incubation period 7 to 14 days



CONTACT
WITH LESIONS



BODY
FLUIDS



CONTAMINATED
MATERIALS



RESPIRATORY
DROPLET

- It can spread to anyone through close, personal, often skin-to-skin contact, including:
 - Direct contact with mpox rash Scabs
 - Body fluids from a person with mpox
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- It can spread by touching objects:
 - Fabrics, clothing, bedding, or towels
 - Surfaces that have been used by someone with mpox
 - Contact with respiratory secretions
- Exposure can happen during intimate contact, including:
 - Sex with a person with mpox
 - Hugging
 - Kissing
- Having multiple or anonymous sex partners may increase your chances of exposure to mpox.

MPOX SYMPTOMS

- Symptoms usually start within 3 weeks of exposure.
- Most people will get a rash that may look like pimples.
- Flu-like symptoms: fever, headache, muscle aches and backache, sore throat, cough, swollen lymph nodes, chills, or exhaustion.
- Rash will appear 1-4 days after flu-like symptoms.
- Rash will go through several stages, including scabs, before healing.
- The rash may also be inside the body.
- Mpox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. This can take several weeks.

SUSPECTED INFECTION: NEXT STEPS



Call your doctor. Ask about getting tested.



Wear a mask to visit a doctor.



Smallpox antivirals may be prescribed.



Isolate until rash has healed and new layer of skin has formed.

HOTLINE: 1-866-408-1899

- Available Monday-Friday 8:30 a.m.-4:30 p.m.

WEBSITE: de.gov/mpox

EMAIL: DPHcall@delaware.gov

Adapted from the CDC, July 2022



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

CLEANING & DISINFECTING FOR MPOX For homes and hospitality industry

Proper cleaning of all exposed items is essential following a case of mpox. Poxviruses can survive in linens, clothing and on surfaces. In one study, investigators found live virus 15 days after a patient's home was left unoccupied. Porous materials (bedding, clothing, etc.) may harbor live virus for longer periods of time than non-porous (plastic, glass, metal) surfaces. People who have recovered from mpox and whose isolation period has ended should disinfect all spaces within the home they had been in contact with. Follow the steps below to minimize risk of infection to others in your home after recovery.

STEPS FOR CLEANING AFTER AN INFECTION



If cleaning and disinfection is done by someone other than the person with mpox, that person should wear, at a minimum, disposable medical gloves and a respirator or well-fitting mask. Clothing that fully covers the skin should be worn, and immediately laundered. Wash hands with soap and water or use alcohol-based hand sanitizer.



Use an EPA-recommended disinfectant. Focus on disinfecting items and surfaces that were in direct contact with the skin. Do not dry dust or sweep as this may spread infectious particles.



Wash sheets, blankets, clothes, and towels.

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**Hospitality Industry/Air B&B/
Vacation Rental cleaning staff:**

Prevention is the best approach. While mpox is circulating, make sure you always wear gloves to change linens and bedding.