

WHAT IS MPOX?

MPox (formerly known as Monkeypox) is a **rare disease**. It is a contagious infection caused by the monkeypox virus, which is a member of the Orthopoxvirus genus in the family Poxviridae. It is an unpleasant illness, characterized by rash and pus-filled lesions that are firm or rubbery. The rash may initially resemble pimples or blisters, and will be painful and itchy.

Symptoms of the disease are similar to smallpox symptoms, but milder, and rarely fatal. **A vaccine is available.**

Currently there is a **worldwide outbreak of over 86,000 cases**.

Symptoms

- Rash (may be located on any part of the body including on or near the genitals)
NOTE: The rash can look like pimples or blisters and may be painful or itchy. As the rash heals, scabs will form and fall off.
- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g., sore throat, nasal congestion, or cough)

***Rash will be present in all cases of mpox, where other symptoms may not be. Flu-like symptoms do not appear in all cases of mpox.**

When do Symptoms Begin?

Mpox symptoms start **3 to 21 days after you have been exposed**.

- The time between when you are exposed and when you have symptoms is called the **incubation period**.

When are you contagious?

People with the disease are considered contagious for as long as they have symptoms, until the rash and the pox have healed, all scabs have fallen off the pox, and a fresh layer of skin has formed over the spots where the pox had been. This usually takes 2 to 4 weeks from the time your symptoms started.

Example timeline (not every person will match this, and it is offered **only as an example of how a case of mpox might progress**):

- January 1st: Exposed to mpox
- January 21st: First symptoms appear; patient develops a fever.
- January 24th: Develops rash and pox begin to form
- February 7th: Pox have scabbed over
- February 14th: Scabs have fallen off and new skin is growing over old pox sites. (You are still contagious.)
- February 18th: Symptoms have resolved and all pox spots now have fully grown new skin over the sites. (You are no longer contagious.)

As of January 2023, per the CDC, there have been 29,980 cases in the United States.

What should you do if you have symptoms of mpox or a known exposure to someone with mpox?

- Isolate at home and away from others.
- Avoid all people *and* animals, which can also become infected.
- **Call your healthcare provider.**
- If you must leave isolation, wear a well-fitting mask and cover any lesions/rash with appropriate clothing, gloves or bandages, and avoid public transportation.

References

<https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html> and
<https://www.azdhs.gov/preparedness/epidemiology-disease-control/mpox/index.php#faq>



STAGES OF MPOX

Mpox symptoms start **3 to 21 days after you have been exposed.**

- The time between when you are exposed and when you have symptoms is called the incubation period. **Getting vaccinated within the 2 weeks after a known exposure can lessen the severity of the illness you will experience.**

How does Mpox first present?

Unfortunately, there is no 'standard' way in which Mpox presents. Everyone is different.

- Some people experience **flu-like symptoms before a rash** develops.
- Other people **develop a rash, and then feel flu-like symptoms.**
- Other people **develop a rash, but never develop flu-like symptoms.**
- However, most commonly people will develop flu-like symptoms, and a rash 1-4 days later. The rash **typically** begins in the center of the body, with the face or the head, and then spreads outwards to the extremities.

The only consistent symptom is the eventual development of the Mpox rash.

Depending on where the rash appears, some mpox sores begin where pain can be felt, but not necessarily seen. This is especially true in cases where the rash starts in the mouth or internal areas of the anus or genitals.

Once the rash begins (Day 0)

- **Day 0:** A rash will develop, often beginning on the tongue and in the mouth.
- **Days 1-2:** The rash will spread to the skin as Macular (flat) lesions.
- **Days 1-2:** Initial rash becomes raised, progressing from Macular (flat) to Papular (raised) lesions.
- **Days 1-2:** The lesions will fill in with pus (Vesicles).
- **Day Numbers Vary:** Pus-filled lesions will **typically** remain for **five (5) to seven (7) days** as Pustules (shown below) before beginning to crust.
- **Day Numbers Vary:** Pus-filled lesions scab over, **typically** by the end of the **second (2nd) week**. They are typically scabbed over by **Day 14**.
- **Days 14-21:** Scabbed over lesions remain for around one (1) more week, and then begin to fall off.
- **By Day 21 (Typically):** New skin begins to grow over the wounds.

The time frame from symptom onset, to when the person is recovered and no longer contagious, is different for everyone, but **typically** is between two (2) to four (4) weeks.

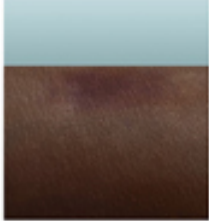


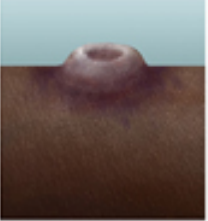






Stages:	Macules	Papules	Vesicles	Pustules	Scabs
					
					
Day	1-2	1-2	1-2	5-7	7-14

Photo from a journal article titled "Monkeypox: A Contemporary Review for Healthcare Professionals" featured in Open Forum Infectious Diseases journal, Volume 9, Issue 7, published in July 2022.

References

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html#:~:text=The%20evolution%20of%20lesions%20p rogresses,typically%20lasts%20%2D4%20weeks.>

