



TRAVEL ADVICE ON MONKEYPOX INTERNATIONAL OUTBREAK

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Key Points:

- **Monkeypox** is endemic from rain forest regions of Central and West Africa. It was recognized as a human disease in 1970. As of 2018 there have been outbreaks in Europe no-associated with travel from Africa. In 2022, a international outbreak are currently spreading in 92 countries.
- Monkeypox is a viral infection that causes **rash and lesions on the skin and mucous membranes, that can be painful and itchy.**
- It is generally self-limited disease, it means that most people recovers after a few weeks, however, in some situations, people can become seriously ill and death can occur.
- **The mode of transmission occurs from person to person by direct contact with an infected person** through lesions or scabs that can be found on the skin or mucosal surfaces (such eyes, mouth, throat, genitals or anus), blood, body fluids, contaminated clothing and respiratory droplets. Transmission also occur through intimate contact (oral, vaginal, anal sex or by hugging, massage or kissing), in health care providers and people who share the home with people with monkeypox.
- The risk of exposure to the virus is not exclusive to any group of people, nor is it related to their sexual orientation and gender.

Risk Level
LEVEL 2 - LOW

Practice special and specific precautions.

The possibility of getting sick from the disease in general population is low, there are specific medical or preventive measures against the disease.

WHO Monkeypox Topics and Information for Health Professionals/Mexico

Here you can consult broader information on the epidemiological situation

Clinical presentation: These can begin five to 21 days after exposure and include:

- Headache.
- Fever (greater than or equal to 38 °C or 100 °F).
- Rash or skin lesions.
- Back pain
- Lymph node enlargement or pain.
- Muscular pain.

People at higher risk of complication are:

- People living with HIV without adherence to treatment or without antiretroviral treatment.
- Immunocompromised people due to other diseases or by immunosuppressants such treatment for autoimmune diseases and cancer).
- Pregnant women
- Children

Before your travel:

- Look up the current epidemiological situation of the country to which you intend to travel.
- **In case of develop any symptoms compatible with the disease, avoid national or international travels** and seek for medical advice immediately.

During your travel:

- Avoid intimate or close contact with people with skin lesions or genital lesions.
- **Practice safe and secure sex.**
- **Hygiene and wash your hands frequently** (use soap and water for at least 20 seconds; you can also use 70% alcohol-based solutions and gel) and **avoid touching your nose, mouth, and face.**
- **Avoid touching objects or materials that have been in contact with confirmed or probable patients to disease.**
- **Avoid contact with dead or live wild animals.**
- Avoid eating or preparing bushmeat.
- Use well-fit medical mask covering nose and mouth and cover all skin lesions.

After your travel:

- If you develop any signs or symptoms compatible with the disease, within the first 21 days after your travel return or exposure to someone suspected to infection, isolate yourself immediately, seek for medical advice and **avoid contact with other people.**
- Avoid self-medicating.

Additional Information:

- Health Secretariat of Mexico https://viruela.salud.gob.mx/docs/2022.07.25_AbordajeViruelaSimica.pdf
- Pan American Health Organization (PAHO) <https://shiny.pahobra.org/monkeypox>
- CDC <https://www.cdc.gov/spanish/monkeypox/index.html>
- World Health Organization (WHO) https://worldhealthorg.shinyapps.io/mpx_global/

For any questions, contact to the **EPIDEMIOLOGICAL AND SANITARY INTELLIGENCE UNIT** at telephone numbers **55 5337-1845** and **800-0044-800**, where you will be attended by highly trained personnel, available 24 hours a day.

