

Mpox (Monkeypox)

Mpox virus can be transmitted to humans by contact with an infected animal (most commonly rodents or primates) or an infected human, or by human body fluids containing the virus. Human-to-human transmission can also be drip-borne. The infection spreads between people who are in close contact with each other.

The cluster of cases currently emerging in some European countries are not imported cases, which is unusual, but mostly men who have sex with men.

The clinical course of mpox is usually mild., symptoms include fever, headache, muscle pain, swollen lymph nodes, chills and exhaustion. A rash usually develops. It often starts on the face and then spreads to other parts of the body, including the genitals. In recently confirmed cases, the appearance of genital rashes has been reported. The rash goes through different stages, similar to chickenpox or syphilis, before finally forming a scab that latter falls off. The incubation period of the disease is usually 6 to 16 days, but can be up to 21 days. Once the scab has fallen off, the person is no longer infectious.

Most people who get sick recover within a few weeks. Young children, pregnant women and immunocompromised people are at higher risk of a more severe course. The mortality rate for the West African strain, which has so far been detected in cases reported in Europe, is less than 1%.

Currently, the most vulnerable groups or people at risk of infection in Europe are men who have sex with men, people who have sex with casual partners and people who have multiple sexual partners. If you develop symptoms (especially genital rash) of monkeypox virus infection, consult a doctor.