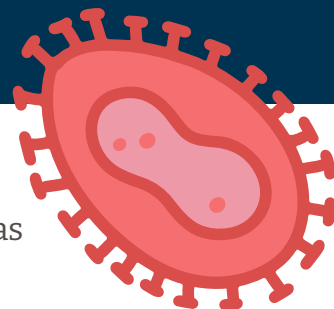


MPOX

PREVENTION AND CONTROL AMONG PEOPLE **LIVING IN PRISON**

Mpox (formerly known as monkeypox) is an infectious disease caused by the monkeypox virus. A multi-country outbreak observed since May 2022 has led WHO to declare it a Public Health Emergency of International Concern.



People in prison should enjoy quality health care that is at least equivalent to that available in the community and should have access to necessary health-care services free of charge without discrimination on the grounds of their sexual orientation or gender identity/expression, legal status, or any status.

WHAT ARE THE **SIGNS AND SYMPTOMS** OF MPOX?

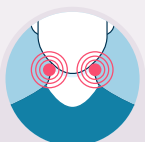
As described in WHO guidance¹, infection with mpox may be without symptoms or with some or all of the following symptoms:



FEVER



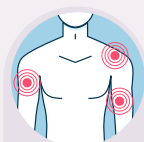
RASH
(all over the body or in one or few parts of the body, including genitals)



SWOLLEN LYMPH NODES



HEADACHE



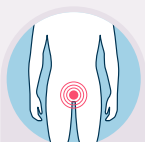
MUSCLE ACHE



BACK PAIN



TIREDFNESS

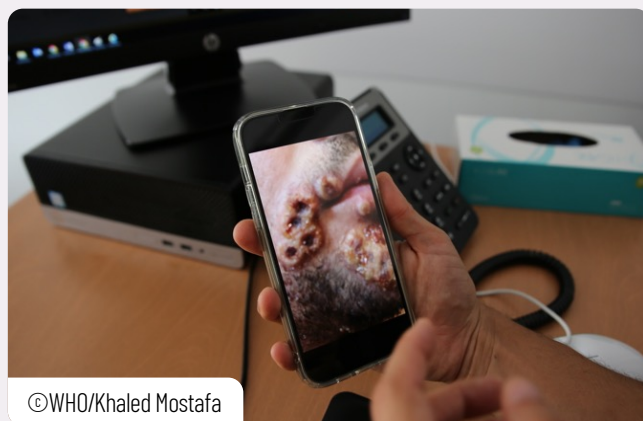


PAIN AROUND THE GENITALS OR THE ANUS

After a person is exposed to someone with mpox, they could develop symptoms up to 21 days later.



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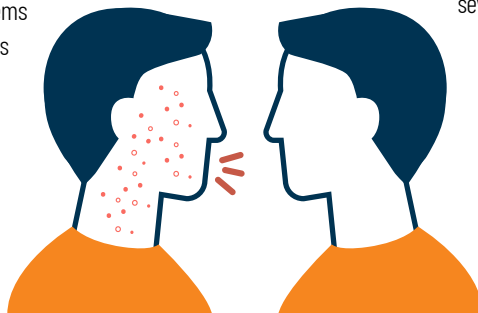


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HOW DOES MONKEYPOX VIRUS SPREAD?

Monkeypox virus can be passed from one person to another through close contact with the other people who have mpox. Close contact can mean being face-to-face (such as talking, breathing or singing close to one another which can generate droplets or short-range aerosols); skin-to-skin (such as touching or vaginal/anal sex); mouth-to-mouth (such as kissing); or mouth-to-skin contact (such as oral sex or kissing the skin). The current outbreak in the WHO European Region, has been driven by transmission during sex, cases have been mostly – but not exclusively – reported among men who have sex with men.

Monkeypox virus can also spread in other ways. For example, environments can become contaminated with the monkeypox virus: i.e., when an infectious person touches clothing, bedding, towels, objects, electronics and surfaces. Someone else who touches these items may become infected if they have any cuts or abrasions or they accidentally touch their eyes, nose mouth or other mucous membranes. This is known as fomite transmission. Cleaning your hands after touching objects that may be contaminated can help prevent this type of transmission. It is also possible to become infected from breathing in skin flakes or virus from clothing,



bedding or towels. In the current outbreak, experts are still trying to understand whether this mode of transmission plays a major role via contaminated materials such as clothing, towels, bedding, surfaces and objects.

During the current outbreak in Europe, there have been cases where mpox has been transmitted through contaminated needle-stick injuries, both in health care settings and in tattoo parlors.

Monkeypox virus can spread from the moment symptoms appear until the blister-like lesions have fully healed and a fresh layer of skin has formed underneath. The illness is usually self-limiting after 2-4 weeks but patients do sometimes

require support to help manage the pain caused, or the more severe complications of the disease. In some people, the infection can lead to medical complications and even death. Based on evidence from previous mpox outbreaks and from the ongoing outbreak, newborn babies, children and people with underlying immune deficiencies (especially individuals with poorly managed HIV) are at higher risk of severe mpox disease.

THE ILLNESS IS USUALLY SELF-LIMITING AFTER **2-4 WEEKS.**

ADVICE FOR PEOPLE LIVING IN PRISON



- ▶ Participate in information sessions on how to prevent infection and what to do if symptoms develop in yourself or someone else, if available.
- ▶ Know the signs and symptoms and regularly check yourself.
- ▶ If you have mpox, you need to isolate and follow the advice of your healthcare provider.
- ▶ Regularly wash your hands for at least 40 seconds with soap and water.
- ▶ If possible, wash/disinfect your utensils after use and do not share them with others.
- ▶ Practice safe sex, including the use of condoms and dental dams, if available.
- ▶ Avoid sharing sex toys.
- ▶ If you think you may be at risk of getting mpox, you may choose to reduce the number of new sexual partners you have. Additionally, you may choose to have sex only with people that you stay in contact with, in case any of you develops symptoms. Sometimes mpox symptoms can be

mild, and people may have this infection without knowing, so it is very important to check yourself and your sexual partners for any new symptoms, including blister-like lesions in your genitals/anus.

- ▶ Do not share or re-use needles, either for injecting drugs or medication or for tattooing.
- ▶ Follow preventive hygiene measures by keeping clean and getting as much fresh air as possible, under the overall guidance of the health service. If touching others' clothing and laundry when washing these, use disposable gloves, if available.
- ▶ Notify staff immediately if you have symptoms that you think could be mpox.
- ▶ If diagnosed with mpox, follow healthcare staff's advice on preventing transmission to others, and take any medication administered to you.
- ▶ Continue taking medication for your health conditions, e.g., HIV, TB, HCV, STIs, drug use disorders, mental health.

¹Surveillance, case investigation and contact tracing for monkeypox. Interim Guidance, 25 August. Geneva: World Health Organization; 2022 (<https://www.who.int/publications/i/item/WHO-MPX-Surveillance-2022.3>, accessed 4 January 2023).