

# ALL ABOUT MONKEYPOX

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In recent months, many people have been infected with the monkeypox virus in various countries around the world. Multiple cases of the disease have also been reported in Belgium.



## WHAT ARE WE TALKING ABOUT?

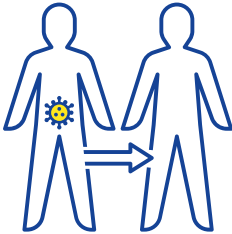
### MONKEYPOX.

Monkeypox was first discovered in monkeys in 1958. The first case of the disease affecting humans was reported in 1970. It's a disease caused by an infection by the monkeypox virus. Although it is called "Monkeypox", the actual origin of the disease remains unknown.

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## HOW IS MONKEYPOX TRANSMITTED?

Belgian patients have mainly contracted the virus through sexual contact between men (91%). **However**, it would be wrong to consider monkeypox as a disease that can only affect the gay community. As things stand currently, sexual contact is the main source of infection. A high number of partners increases the risk of infection considerably.



Sexual contact



Contact with monkeypox spots



Through coughs

& sneezes

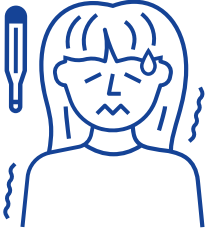


Through sharing clothing, bedding,

towels, etc.

## WHAT ARE THE SYMPTOMS?

THE MAIN SYMPTOMS ARE



**Fever**



**Appearance of spots**

SOME INDIVIDUALS WILL ALSO DEVELOP OR SHOW SIGNS OF



**Swollen glands**



**Aches**



**Headache**



**Anal pain**

Symptoms may appear after an incubation period of 5 to 21 days.  
An infected individual can contaminate others from the onset of symptoms until the lesions have healed.

## WHAT ARE THE HEALTH RISKS?

Most cases of monkeypox heal spontaneously, with symptoms lasting from 2 to 4 weeks. Some cases, however, can be more serious, especially for specific, more vulnerable people (pregnant women, immunocompromised people, elderly people, children).

## HOW TO REDUCE THE RISK OF BECOMING INFECTED?

01

Get vaccinated;

02

Avoid all contact with the sick individual and the objects he or she may use;

03

Wash and disinfect your hands regularly.

Don't forget: having sex with multiple partners can increase the risk of becoming infected.

## WHAT TO DO IN CASE OF SYMPTOMS?

Get in touch with your doctor. He or she will determine whether further screening is required. While waiting for the test result, avoid all physical contact and stay at home, in order to protect others.

## WHAT TO DO IN CASE OF A CONFIRMED INFECTION?

If the infection has been confirmed, contact your doctor for a medical certificate and stay at home until the skin lesions have healed and the scabs have fallen off. It is important to avoid contact with other people, especially pregnant women, the elderly, children and immunocompromised people. If strict isolation is not possible, wear a surgical mask and regularly wash and disinfect your hands and the surfaces you use. Do not share your laundry, bedding and dishes with anyone else. If you have lesions on

your hands, it is best to wear gloves. Avoid all contact with animals. If possible, alert the people whom you have had close contact with in the last 3 weeks. This will allow them to be extra vigilant and keep an eye out for the appearance of any symptoms. Because of scientific uncertainty surrounding the persistence of the virus in the body, it is recommended to use condoms 12 weeks after the skin lesions have completely disappeared.



# FOCUS ON VACCINATION: WHAT? WHY? FOR WHOM? HOW? WHERE?

Vaccination against monkeypox is **voluntary** and **free of charge**.

Vaccination is recommended for at-risk populations to avoid severe forms of the disease and to limit the spread of the virus.

## WHAT AND WHY? THE VACCINE:

The Imvanex / Jynneos vaccine is a third-generation live, attenuated non-replicating smallpox and monkeypox vaccine. By letting the immune system create protective antibodies against the virus, the vaccine avoids complications from the disease. The monkeypox vaccination schedule consists of **2 doses of vac-**

**cine** administered by subcutaneous or intradermal injection. The second dose of vaccine must be administered **at least 28 days after the first dose**. Unlike the first- and second-generation smallpox vaccines, these vaccines do not cause scarring at the injection site.

AS OF TODAY (21/11/2022), THE STRATEGY DEFINED BY THE RISK MANAGEMENT GROUP (RMG) IS THE FOLLOWING:

## FOR WHOM?

- Male / transgender sex workers.
- Men who have sex with men (MSM): men born before 1976 are eligible for a repeat dose.
- Laboratory staff who handle monkeypox cultures.
- Women on PrEP and having multiple partners.
- Immunocompromised persons at risk from severe monkeypox and at risk of getting infected.
- Immunocompetent people who have already received a first dose subcutaneously (unless they were vaccinated against smallpox as a child).

## WHO IS NOT AFFECTED?

People who have already had monkeypox.

## THESE ARE, ADDITIONALLY, THE MEDICAL

## CONTRAINDICATIONS TO MONKEYPOX VACCINATION:

- People under 18 years of age;
- People with symptoms of monkeypox or another severe disease with symptoms of acute infection and fever;
- People who are allergic to the vaccine or any of its components (especially chicken protein, benzonase, ciprofloxacin and gentamicin).

## POST-VACCINATION SYMPTOMS?

While post-vaccination symptoms can affect 1 in 10 people, these are mostly mild:



Headaches



Nausea



Myalgia



Fatigue



Injection site reactions:

pain, redness, swelling,  
hardening and itching.

If you suffer from atopic dermatitis (Eczema), you may experience more intense forms of localized and generalized reactions. Severe allergic reactions are also possible but very rare.

### TO REPORT ANY ADVERSE EFFECTS FOLLOWING VACCINATION:

[https://www.famhp.be/en/reporting\\_a\\_side\\_effect\\_as\\_a\\_patient](https://www.famhp.be/en/reporting_a_side_effect_as_a_patient)

## WHAT DO PREVENTIVE & POST-EXPOSURE VACCINATION MEAN? WHERE CAN YOU GET THESE VACCINES?



PREVENTIVE

VACCINATION

Vaccination **BEFORE**  
coming into contact with the virus



POST-EXPOSURE

VACCINATION

Vaccination **AFTER**  
coming into contact with the virus

## PREVENTIVE VACCINATION

1

NO contact with the virus  
NO symptoms



2

Preventive  
vaccination



in one of the 4 hospitals mentioned  
on the right.

SCAN ME!



## POST-EXPOSURE VACCINATION

1

Contact  
with the virus



2

Contact your  
doctor



3

Post-exposure  
vaccination



**CHU SAINT PIERRE**

By appointment via [02/506.70.72](tel:025067072)

**UNIVERSITY CLINIC SAINT-LUC**

By appointment via [02/764.21.56](tel:027642156)

**ERASME UNIVERSITY HOSPITAL**

By appointment via [02/555.74.84](tel:025557484)

**UNIVERSITAIR ZIEKENHUIS**

**BRUSSEL (Jette)**

By appointment via [02/477.86.86](tel:024778686)

\*Please note: if you have already received a first dose of vaccine in a hospital, it is advisable to return to the same hospital for the second dose

## WHAT HAPPENS

## AFTER VACCINATION?

When you have received your second dose of vaccine, you should wait two weeks before you can consider yourself protected. It should be noted, however, that **the vaccine does not fully protect against the disease** even after 2 doses, so it is of vital importance to remain vigilant and cautious. In addition to the vaccine, barrier measures should be implemented to avoid being contaminated and spreading the disease. These are:

- Avoid physical and sexual contact with a sick individual
- Do not share your things with a sick person (linen, toiletries, dishes);
- When you are near someone who is ill, wear a mask;

For the record, condoms do not protect or limit the risk of transmission of the virus.

**FOR MORE INFORMATION:**

Via the social media channels of COCOM (Commission Communautaire Commune) :

- Facebook : <https://www.facebook.com/admincocomggc>
- Twitter : [https://twitter.com/Adm\\_Cocom\\_GGC](https://twitter.com/Adm_Cocom_GGC)
- Site web : <https://www.ccc-ggc.brussels/en/monkeypox>

**Consult with your doctor**