

SMITTSKYDDSBLAD

Patientinformation

Apkoppor

Översättning till engelska

Version 2022-07-20

Apkoppor

Monkeypox, information and rules of conduct for confirmed or suspected cases

County Medical Officers' infection prevention sheet

Why have I received this information?

Tests have shown that you have been infected with monkeypox. The information leaflet is also aimed at those who have just been tested after suspicion of this infectious disease, while waiting for their test results.

This leaflet contains information about monkeypox and what you need to do during the time you are deemed to be contagious.

What is monkeypox?

Monkeypox is caused by the monkeypox virus, which belongs to the orthopox virus family. In a typical disease progression, one or more of the following symptoms occur within 5 to 21 days of infection: fever, shivering, swollen lymph nodes, headache and backache. Within 1 to 3 days after the onset of fever, a rash develops which turns into blisters and then ulcers. The blisters and ulcers can be painful. Some people get an inflammation of their rectum, which can be painful.

How is monkeypox transmitted?

The disease is mainly transmitted through close mucosal and skin contact. In the spring of 2022, countries in Europe and the rest of the world have seen more cases of monkeypox, mainly among men who have sex with men (MSM), where blisters and ulcers on the genitals, around the anal opening or mouth have been common. Where transmission has been observed, it has been through intercourse or other close skin contact.

Monkeypox also occurs through transmission from animals to humans in West and Central Africa. Human-to-human transmission can occur through contact with droplets from the respiratory tract, close contact through mucous membranes or damaged skin with wound secretions and bodily fluids from an infected person.

How long am I contagious?

- Normally, once all the scabs have dried out and fallen off, you are no longer contagious.
- If you have needed to be hospitalised for monkeypox or if you have a compromised immune system due to illness or treatment, your doctor can tell you how long you are considered to be contagious.

What I need to consider in order not to infect others - precautions

Monkeypox is a public health hazardous disease that is subject to the Infectious Diseases Act. This means that you must follow these **precautions** while you are deemed to be contagious or while waiting for your test results:

- You should not go to work, school or preschool. Working from home and distance learning are fine. You should also not take part in leisure or social activities where you have close contact with others, such as sports training.
- You must disclose that you have (or are suspected of having) monkeypox if you have contact with healthcare and social services, including home care and dental care.
- Refrain from sexual contact while you are contagious as monkeypox can be transmitted through contact with bodily fluids but also through contact with skin ulcers or respiratory droplets.
- You must follow specific hygiene procedures: Be careful with your own hand hygiene (wash your hands), cough and sneeze into the crook of your arm or into a handkerchief and not towards other people. Do not share toiletries such as razors, toothbrushes, solid soap or skin brushes with others. Wash textiles such as towels, bedding and, if possible, clothes at no less than 60 degrees. For example, put waste from wound dressings in a bin bag that is tied together and then put in another bin bag that is sealed and thrown away as household waste.
- You are not allowed to donate blood or organs or other tissues for transplantation.
- If you use syringes/needles/other medical sharps, you must not allow others to use them.
- If you use syringes/needles to inject drugs or similar, you must not allow others to use them. You must also not share a mixing cup. All injection equipment must be stored and disposed of in such a way that it does not pose a risk of infection to others.
- You must come back for a return visit or have telephone contact if your doctor tells you to do so.

Guardians are responsible for ensuring that children comply with precautions. When contacting the healthcare system, the guardian is responsible for informing that the child has monkeypox.

What else do I need to do to protect others from infection?

According to the Infectious Diseases Act, anyone who has or is suspected of having an infectious disease has a **duty to protect** others. After testing has shown that you have monkeypox, you also have a **duty to inform** others, which you must fulfil as long as you are contagious. Along with the above precautions, you are therefore obliged to do the following to avoid the risk of infecting someone else:

- You must inform people around you about your illness if there is a risk of infection, for example through close contacts where you live, if you have to share a bathroom or toilet, for example. (Applies when tests show that you have monkeypox.)

- You should aim to live alone during the time you are deemed to be contagious. If you share a home, you should cover blisters and ulcers and keep your distance to the extent possible, sleep in your own room and use your own bathroom.
- You should cover blisters and ulcers when away from home.
- You should avoid close contact with people who are at risk of severe monkeypox disease: pregnant women, people with compromised immune systems and young children.
- You should avoid contact with mammals, as they can also be infected by the monkeypox virus and pass it on to other people. If contact with mammals cannot be avoided, wear a mask and gloves when handling animals. If an animal has already been in your vicinity while you are contagious, it should be kept away from other animals and people outside the household.

The virus may potentially remain in semen for a long time even if you are not otherwise contagious. Once the scabs have dried and fallen off, you should use a condom during intercourse until three months have passed since you first became symptomatic.

What is infection tracing?

It is very important to find other people who may have monkeypox to prevent further spread of the disease. According to the Infectious Diseases Act, you are obliged to participate in contact tracing in order to clarify how you became infected and so that people that you have had contact with during the time you were contagious can be informed that they may have been exposed to infection:

- sexual contacts
- other close contacts: people you live close to or share a home with and who have had contact with your blisters or ulcers, or people you have shared sheets, towels or other hygiene items with
- the healthcare or care professionals who cared for you
- other people with whom you have had close skin contact.

What do I do if I need medical care for monkeypox or another disease?

You should not go directly to a healthcare centre/emergency room/hospital. First, call 1177 to get directed to the right place in the healthcare system, telling them that you have or that you suspect you may have monkeypox. If you become critically ill, call 112.

How do I appeal my precautions?

If you have received precautions that you think are wrong, you can contact the infectious diseases doctor in your region.

Information links

<https://www.folkhalsomyndigheten.se/smittskydd-beredskap/smittsamma-sjukdomar/apkoppor/>

[What is monkeypox? - 1177](#)