

Monkeypox

What is monkeypox?

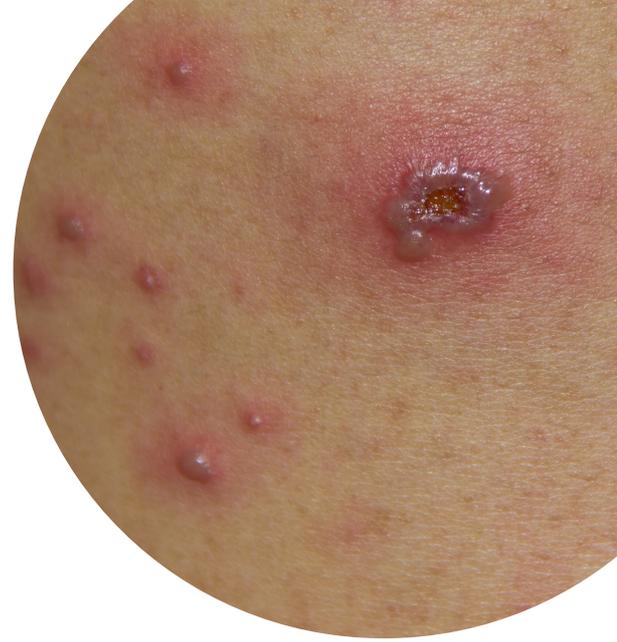
Monkeypox is a disease caused by the monkeypox virus, which is related to the classical smallpox virus. Human-to-human transmission is possible only in case of close contact.

How is monkeypox transmitted?

- Contact with **body fluids** (e.g. saliva) and skin alterations (pox, blister contents and scabs)
- Close **skin-to-skin contact** during sex, massaging, kissing, hugging, etc.
- **Droplet transmission** during conversations
- Extremely small skin lesions and the **mucous membranes** (eye, mouth, nose, genitals, anus) are sufficient for transmission
- Transmission through the shared use of **objects** (clothes, bed linen, cutlery, etc.)

What should I do if I have symptoms?

- Avoid contact with other people
- **Wash hands** regularly with soap and water
- Avoid contact with pets
- **Contact the counselling centre** by phone on the next page. If you need a swab they will help you here.



Symptoms?

- **Temperature, headache, muscle pain and pain in the back**
- After the temperature, **pox blisters** develop on the skin (face, hand, foot, genital and anal areas)



How do I protect myself?

- Be careful and watch out for symptoms in other people that you have contact with
- Avoid sexual contact with people you do not know
- **Vaccination for contact persons** within 14 days after contact is available at the **Bremerhaven public health department**



Condoms provide protection against HIV, but NOT against a monkeypox infection!

Monkeypox

Counselling centre in Bremerhaven



**Bremerhaven Public Health Department -
AIDS/STD Counselling:**

**Free and anonymous advice and testing
are provided after you have made an
appointment by telephone:**



Phone: Tel: +49 (0) 471 590 2160

Office hours:

Monday: 11:00 a.m. - 12:00 noon

Tuesday: 11:00 a.m. - 12:00 noon

Wednesday: 11:00 a.m. - 12:00 noon

Thursday: 11:00 a.m. - 12:00 noon

Accommodation in case of quarantine



Safe and free accommodation

In case you are infected with monkeypox and there is no possibility of staying for the period of secretion until recovery, accommodation can be provided if available. There, food will be made available to you free of charge.



Addictive substances and alcohol

In case you consume addictive substances or alcohol, we will support you in according to our possibilities.



Medical assistance

During the time of your quarantine you will receive medical help and medication free of charge if necessary.

