

On August 14, 2024, the World Health Organization declared the upsurge of mpox in the Democratic Republic of the Congo and several other African countries, a public health emergency of international concern (PHEIC). This is the second PHEIC related to mpox in 2 years. The Defense Health Agency monitors for human-to-human transmission of mpox among Department of Defense personnel. **The risk of mpox infection to Service members is low.** As of August 2024, no confirmed mpox cases have been reported among Military Health System beneficiaries within the U.S. Africa Command area of operations since 2022.

What is mpox?

- Mpox is a rare, but potentially severe infectious disease caused by the monkeypox virus, which is in the same family as the virus that causes smallpox.
- · There are two types of monkeypox virus:
 - » Clade I is mainly found in Central Africa. It can make people very sick and has caused deaths at higher rates (up to 10%) in some outbreaks.
 - » Clade II is mainly found in West Africa and causes less severe illness. It caused the worldwide mpox outbreak that began in 2022. Less than 1% of people infected with clade II die.
 - » Both clades spread the same way and have similar symptoms.

What are the symptoms?

- Symptoms begin within 21 days of exposure and include:
 - » Rash on chest, face, feet, hands, mouth, or near the genitals.
 - » Other symptoms can include fever, chills, swollen lymph nodes, fatigue, back and muscle aches, headaches, and respiratory symptoms.

How does mpox spread?

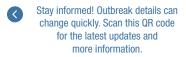
- Mpox can be spread from the time of symptom onset until the rash has fully healed and a fresh layer of skin has formed.
- The virus spreads via close personal contact with individuals infected with mpox and direct contact with infected animals and contaminated materials.
- Anyone can get mpox; men who have sex with men are a higher risk group.

Where is mpox spreading?

- As of August 2024, the Democratic Republic of the Congo has reported most of the cases and the first cases of clade I. Recently, clade I has spread to other African countries and continents. As of this publication there have not been any cases of Clade I infections in the U.S.
- An mpox dashboard, with current MHS mpox cases and global civilian cases is available in the Health Surveillance Explorer (HSE; CAC Enabled). Visit the HSE webpage to learn more about accessing this information or email dha.ncr.health-surv.list.ibalert-response@health.mil.

How can I protect myself and others?

- · Avoid contact with sick individuals.
- Practice good hygiene.
- Get vaccinated if you are at high-risk or have known, suspected, or anticipated exposure to someone with mpox.
- If traveling to Africa, refer to the **CDC Traveler's Health** site for precautions.
- If you have a new or unexplained rash or feel sick, you should immediately stay away from others and contact your healthcare provider.





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