

MPOX

(formerly known as Monkeypox)



What Service members SHOULD KNOW

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.ib-alert-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.



Stay informed! Outbreak details can change quickly. Scan this QR code for the latest updates and more information.

