

# MPOX Clade I – what you need to know

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# Agenda

- What is mpox
  - How is it spread
  - What are the symptoms
  - Travel to countries reporting cases and bordering countries
  - If you are unwell when you return
  - Promoting safe travel
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# What is mpox?

- Mpox is caused by a virus
- There are currently 4 types called
  - Clade 1a
  - Clade 1b – originated in Congo and has spread to other African countries
  - Clade 2a
  - Clade 2b – caused an outbreak outside of Africa principally in men who have sex with men in 2022

On the 14th of August 2024, the World Health Organization (WHO) declared the increasing number of Clade 1b mpox cases reported in the African Region, notably the Democratic Republic of the Congo (DRC), a Public Health Emergency of International Concern (PHEIC) . The outbreak is affecting men, women and children.

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# How are you infected?

Mpox does not spread easily between people unless there is close contact by:

- direct contact with rash, skin lesions or scabs (including during sexual contact, kissing, cuddling or other skin-to-skin contact)
- contact with bodily fluids such as saliva, snot or mucous
- contact with clothing or linens (such as bedding or towels) or other objects and surfaces used by someone with mpox

Spread of mpox may also occur when a person comes into close contact with an infected animal (rodents are believed to be the primary animal reservoir for transmission to humans), or materials contaminated with the virus e.g. bush meat

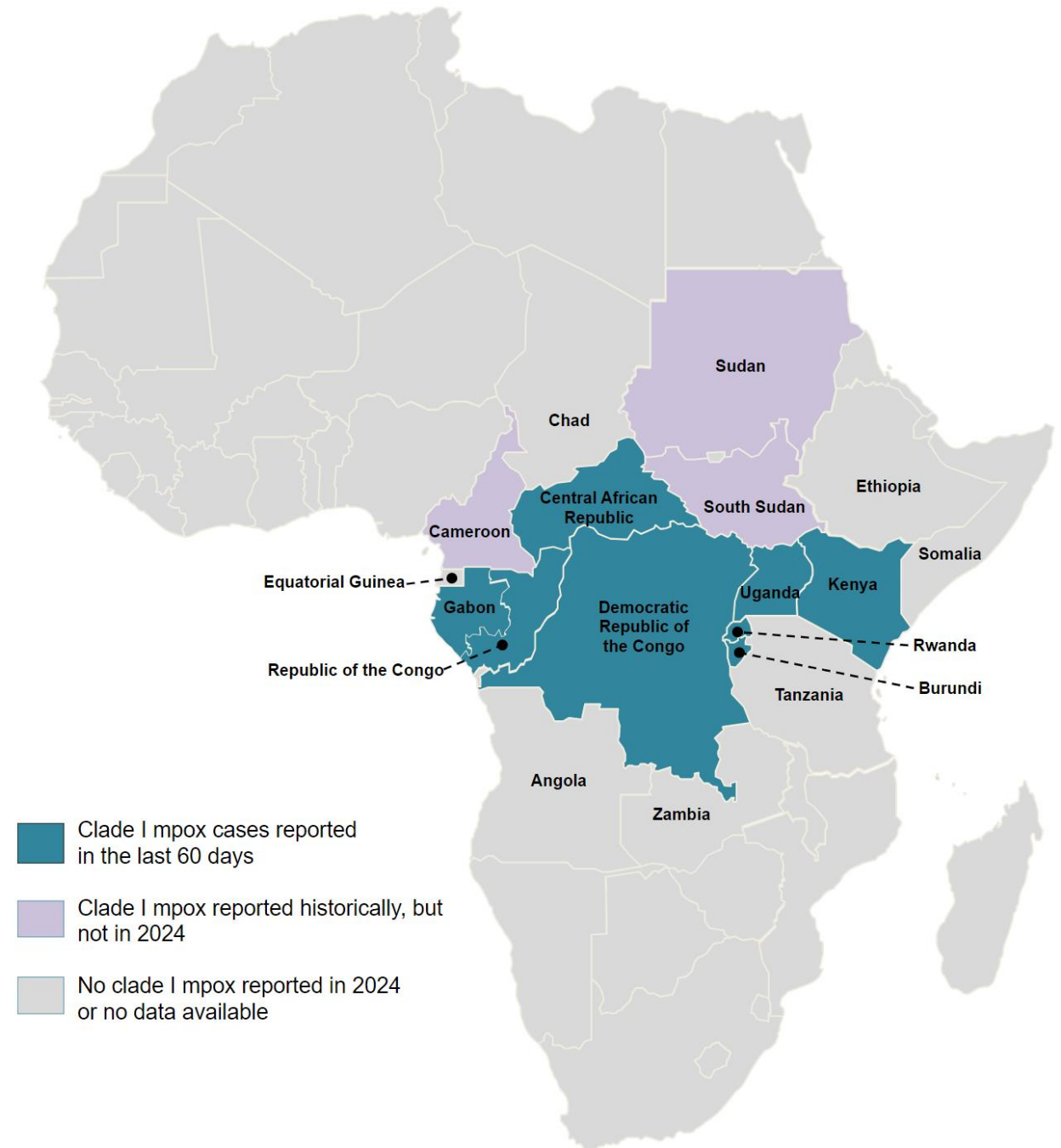
# Symptoms

- Fever
- Headaches, backache, and muscle aches
- Joint pains
- Swollen glands
- Shivering (chills) and exhaustion
- A skin rash with blisters, spots or ulcers that can appear anywhere on your body



The rash usually appears 1 to 5 days after a fever, headache and other symptoms. The rash (spots, blisters or ulcers) often begins on the face, then spreads to other parts of the body. This can include the mouth, genitals and anus. The number of sores can range from one to several thousand.

# African Region Countries Reporting Clade I Mpox



# Which countries?

<b>Country</b>	<b>Likelihood of exposure to clade I mpox</b>
Democratic Republic of the Congo	Higher
Burundi	Higher
Uganda	Higher
Central African Republic	Lower
Kenya	Lower
Republic of the Congo	Lower
Rwanda	Lower
Gabon	Lower
Cameroon	Clade I mpox previously reported but not in 2024
Sudan	Clade I mpox previously reported but not in 2024
South Sudan	Clade I mpox previously reported but not in 2024



# Before you travel

- Check [Foreign Commonwealth and Development Office \(FCDO\) advice](#) on whether it is advised to travel to your intended destination. This also includes information on entry requirements, safety and security.
  - Check our [Country Information pages](#) for the latest guidance on vaccination, malaria and other health risks.
  - Before travelling to affected areas you should:
    - Check with a health professional that you are fit to travel. In particular, pregnant and immunosuppressed people are known to be at higher risk of severe infection.
    - Check your travel health insurance before you go.
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# Vaccination

- Currently vaccination is only available in the UK to healthcare workers that are being deployed to African countries with the outbreak.



# When you are travelling

- Avoid contact (including sexual contact) with anyone who is unwell or has an unusual rash.
- Wash hands often with soap and water or an alcohol-based hand sanitiser containing at least 60% alcohol. Keep your hands away from your eyes, nose, and mouth. If you touch your face, make sure your hands are clean.
- Talk to sexual partners about their sexual and general health and ask if they have any symptoms.
- Before you have sex, go to a party or event, check yourself for mpox symptoms, including rashes and blisters. If you have mpox symptoms, take a break from attending events or having sex until you've been assessed by a health professional.
- Stay alert for symptoms for 3 weeks after you have skin to skin or sexual contact with someone new.
- Avoid touching items such as bedding/clothing and do not share eating utensils/cups, food or drink with anyone who has symptoms or has mpox.
- Avoid contact with animals, especially rodents.
- Do not eat, cook or prepare any type of raw or wild meat (bushmeat) or any meat from unknown sources

# What to do if you have symptoms abroad

- Limit contact with other people.
- Get medical advice locally, calling ahead before going to a healthcare facility. If they are not able to call ahead, they should inform a staff member as soon as they arrive that they are concerned about mpox.
- Check with a health professional that you are fit to travel.
- Anyone diagnosed with mpox should not have sex while they have symptoms, including lesions, and must use condoms for 12 weeks after infection. This is to reduce the risk of spreading mpox to partners.
- Travellers should follow local public health advice. They may need to self-isolate, be admitted to hospital or put into a quarantine facility until they are no longer considered infectious to other people. Travel to an mpox affected area may affect travel health insurance options. Travellers should discuss their plans with their [travel insurance](#) company before they go.

# When you return



If you have just arrived at a UK airport or port of entry having recently travelled to any of the mpox affected countries, and have any new spots, blisters or ulcers, you should speak to a member of port or border staff to get advice.



If you have visited one of the affected countries and develop symptoms within 21 days of returning to the UK, please isolate at home and call NHS 111 for advice, letting them know your travel history. **Do not go to your GP or A&E unless instructed to do so.**



See current advice on the [NHS mpox page](#).

# Summary

Please share the message:

If you are planning to travel to one of the countries affected by the clade 1 mpox outbreak:

- Check the [travel advice](#) for that country
- Check your insurance
- Follow the [guidance](#) on how to protect yourself
- If on return you have symptoms within 3 weeks, call 111 tell them your symptoms and where you have recently travelled to.

# Important weblinks

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[Mpox clade I: what you need to know – UK Health Security Agency](#)

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[NaTHNaC - Mpox outbreak in Africa: clade I mpox virus infection](#)

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[Mpox – NHS](#)

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[Foreign travel advice - GOV.UK](#)

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[Marburg virus disease: what you need to know – UK Health Security Agency](#)