

Attending outdoor events and festivals does not increase the risk of MPXV infection, but close physical contact, including sex, increases the risk of infection. Watch for the above symptoms and seek early medical attention if you or a current partner experience any of the above symptoms.

What should I do if I notice symptoms on me?

Check your body regularly, including the condition of your skin. If you notice symptoms, it is best to see a doctor early. You should not wait for skin changes to appear if you feel sick and suspect a sexually transmitted infection. It is best to talk to your doctor's office in advance by phone before you go there. It is best to talk to your doctor's office in advance by phone before going there.

If you do not have health insurance, sexual health centers are also available in some districts. Checkpoint BLN also offers medical advice and diagnostics. Cover skin lesions and wear a medical mask on the way there and at the facilities.

Close physical contact (skin contact, sexual contact) should be avoided at all costs until symptoms have been medically cleared. Do not visit parties, festivals, saunas, dark rooms, etc. until your symptoms have been clearly diagnosed by a doctor. If you notice symptoms on yourself during a festival or club visit lasting several days, interrupt your visit there and seek medical attention. Inform people with whom you have had close contact about your symptoms.

What should I do if I have been diagnosed with MPX or suspect that I am infected?

Inform your close / sexual contacts about your infection and point out to them that they can still be vaccinated after the contact. The responsible health office also informs contact persons about important measures and everything else about the vaccination, but needs as complete information as possible for this.

In addition, you should minimize the risk of passing on the virus to other people. You can do this by considering the following points, at least until all skin lesions have healed completely and a new skin layer has formed:

- Refrain from close skin contact and sexual contact with other people (if you have been diagnosed with MPX infection, even before you discover skin lesions on yourself)
- Do not attend events, clubs or parties
- Avoid public transportation
- Cover affected areas of skin and wear a medical mask when in contact with other people (e.g., household contacts, roommates) or when outside your home
- Avoid contact with people who have impaired immune system function (e.g., untreated HIV patients), pregnant women, and young children. These individuals are at particularly high risk of severe MPX infection and need special protection.
- Do not share clothes, towels, bed linen, etc. with other people.
- Maintain good hygiene at home, wash clothes and bed linen (with normal detergent) regularly

- Avoid contact with (domestic) animals. MPX is a disease that affects both humans and animals, which means you can infect your pets. To prevent MPXV from eventually establishing itself in wild animals such as rats in Berlin, it is important to avoid all contact with animals.
- So far it is unclear whether and how long MPXV can also be transmitted via semen/vaginal secretions. This is currently being investigated in studies. To be on the safe side, even after all skin lesions have completely healed, condoms should still be used for sexual contact for 8 weeks after infection.

Take care of your skin and keep the affected areas as clean as possible. Wash with a mild soap and ask for medication if the areas are painful or itchy. Remember to wash your hands thoroughly after touching the rash. This will help prevent infection and complications. If you notice swelling or redness around the affected areas of skin or if you suddenly develop a fever - even if your symptoms had already improved - seek medical attention.

Do not scratch or prick the blisters, this will lead to further infections and complications and increase the risk of scarring!



Find out here about your risk and how you can protect yourself.

www.berlin.de/lageso/gesundheit/infektionskrankheiten/monkeypox

www.berlin.de/lageso

SHARE JOY
NOT POX!

KNOW THE RISKS OF MPX

Information about MPX in Berlin

data status: July 2022

Landesamt
für Gesundheit und Soziales

BERLIN



Info about vaccination

Vaccination is recommended for people in contact with MPX cases and for men who have sex with men (MSM) and frequently change partners. Due to the current low availability of the vaccine, the vaccination is prioritised for people with an increased risk of a severe course of the disease.

In Berlin, the vaccine used is Imvanex® which is authorized in Europe for protection against smallpox and, according to current scientific knowledge, also protects against infection with MPXV/monkeypox.

Vaccination includes two doses given at least 28 days apart. In certain individuals (e.g. immunocompromised persons), further booster vaccinations may be necessary.

The vaccination is given as an injection (subcutaneous), usually in the upper arm.

The vaccination is free of charge. The decision to vaccinate is at the discretion of the vaccinating physician. Vaccinations are currently given primarily in HIV focus practices.

A list of all places offering the MPX vaccination in Berlin can be found here: www.dagnae.de

Monkeypox / MPX?

Monkeypox (MPX) is a viral disease caused by the monkeypox virus (MPXV). The virus is related to the classical smallpox viruses (variola, smallpox). MPX has been a rare disease in Europe, so far thought to be transmitted mainly from rodents to humans. Human-to-human transmission occurs mainly in close contact.

What is the current situation with monkeypox/ MPX?

MPX cases have been detected in several countries in and outside Europe since mid-May 2022. This is a larger international outbreak, primarily affecting countries where MPX has not previously occurred. Spain, Portugal, the United Kingdom and Germany have been most affected to date

Berlin has by far the most MPX cases nationwide. Although anyone can become infected with MPXV, so far most cases have been found in gay and bisexual men and other men who have sex with men. In Berlin, only men have been affected so far. MPX are not a „gay disease,“ however, and gay men should not be blamed for the outbreak.

How is monkeypox virus (MPXV) transmitted?

MPXV can be transmitted through close body contact (skin-to-skin), for example during sex. Crucial here are all situations in which the viruses from affected skin areas of a sick person come into contact with the skin and mucous membrane of another person. This can also be the case when kissing, caressing or cuddling. So far, however, sexual contacts seem to play the most important role in transmission, but MPXV can also be transmitted by respiratory droplets during prolonged direct contact or by contaminated objects (e.g., clothing, bedding, and sex toys). Condoms do not provide sufficient protection against transmission. Decisive for transmission is direct contact with skin lesions (pimples, blisters, scabbed pustules, crusts).

What are the symptoms/ how can I tell that I have been infected?

The time between contact with MPXV and the appearance of the first symptoms (incubation period) is usually between 5 and 21 days. In the cases reported in Berlin, where an incubation period could be estimated, a median incubation period of about 9 days has been shown so far.

The disease itself usually lasts two to four weeks. First signs are often:

- Fever, chills
- muscle aches, back pain
- fatigue and headache

However, these first signs can also be absent!

A few (1-3) days after the onset of these first signs, affected individuals develop a rash or small skin lesions, often on or near the genitals or anus, but also on other areas such as the hands, feet, chest, or face.

These skin lesions go through several stages and may look like pigmented spots at first. They then develop into pimples or fluid-filled blisters that later form a scabby crust. Eventually, these crusts fall off and the lesions are healed. The affected skin areas can be very painful or itchy and scars may remain for life after healing. The skin lesions can also be located on mucous membranes inside the body, e.g. in the mouth, vagina or anus.

Skin lesions can be very inconspicuous at first and, because they are often located in the genital area, are often mistaken for other sexually transmitted diseases or not immediately perceived as MPX.

Please note: Affected people may have all or only some of these symptoms. Most people with MPX develop a rash or isolated skin lesions.

Some people have reported developing the rash or lesions before the flu-like initial symptoms appear (or without them at all). One may also have only very isolated skin lesions. MPXV can be transmitted from the onset of the first symptoms and until all skin lesions, including the scab, have healed and a new layer of skin has formed. This can take several weeks. So far, it is still unclear whether and for how long MPXV can also be transmitted via semen/vaginal secretions. This is currently being investigated in studies. To be on the safe side, you should continue to use condoms for sexual contact for 8 weeks after infection, even after all skin lesions have healed completely.

What can I do myself to prevent infection with MPXV?

The best protection against MPXV infection is vaccination, which is currently recommended for contact persons as well as for persons at increased risk of exposure, including men who have sex with men (MSM) and frequently change partners.

Close sexual contact and direct skin contact have so far played the greatest role in transmission. Close skin contacts and sexual contacts with unknown persons, whose health status you cannot assess, carry a high risk of infection. Therefore, you can reduce your own risk of infection by reducing the number of sex partners whose health status you cannot assess. It is important to avoid close contact with people who have skin lesions or a rash, or who have flu-like symptoms such as fever and chills. Since it is primarily contact with the affected areas of skin that leads to transmission, even condoms do not provide adequate protection.