

Monkeypox ni indwara iterwa n'umugera monkeypox (mpox) wo mu bantu. Uri mu bwoko bumwe n'umugera utera smallpox. mpxo si nshasha, ariko muri 2022 yatowe mu bihugu bitigeze kurangwamwo umugera, harimwo reta zunze ubumwe na Canada. Tuguma twiga ibijanye n'iki kiza.

Uko gikwiragira

mpox ishobora gukwiragira kuri buri wese icye k'uwumwegereye, kandi akenshi urukoba ku rundi, mu gukora ku muntu yanduye.. Ibi birimwo:

- **Gukora ku giturika, ibikomere, canke ibiguma.** Nk'akarorero, mu gihe co guhuza ibitsina, canke ibindi bituma umubiri uhura n'uwundi.
- **Ibitemba bivuye mu guhema, nk'amate,** avuye k'uwo mwegeranye, amaso ku yandi umwanya mu nini. Nk'akarorero, igihe co gusomana, guhoberana canke kubana n'umuntu arwaye mpxo.
- **Gukora ku bintu vyagiyeko ibitemba canke ibikomere,** nk'impuzu canke amashuka.

Umugera ushobora gukwiragira mu bandi kuva igihe ibimenyetso bitanguye kugeza ibikomere vyose bikize n'igihe akabiri gashasha kamaze kuza, bishobora gufata indwi nyinshi.

Abantu banduye mpxo bategerezwa kwirinda kwegerana n'ibikoko, harimwo ibibana n'abantu, ibitungwa, hamwe n'ibikoko vyo mw'ishamba, kuko irashobora gukwiragira mu bikoko n'abantu.

Ibimenyetso

Ikimenyetso rusangi ni igiturika, gishobora kumera nk'ibihere, ubushe, canke ibikomere. Ibindi bimenyetso bishobora kubamwo ubushuhe, kumeneka umutwe, gucika intege, kubabara kw'izosi, kubabara munsu y'amajigo, kugira imbeho canke kucika intege imbere yo kugira igiturika.

Abantu benshi bakira neza mu ndwi zibiri kugeza ku ndwi zine atamuti bafashe. Naho biruko, ibimenyetso bishobora kubabaza, kandi abantu bashobora kugira inkovu idahera ziturutse ku giturika.

Ni iki Vermont Ishobora Gukora

- **Menya ko ukwije ibisabwa ku rucanco** kuri healthvermont.gov/mpox. (Umuhora uri mu congereza)
- **Nimba ufise igiturika canke ibindi bimenyetso vya mpxo, naho woba wibaza ko utigeze wegerana n'uwuyirwaye, vugana n'umutangabufasha wawe mu vy'ubuvuzi hama wirinde kwegera abandi bantu n'ibikoko.** Hamagara 2-1-1 nimba ukeneye guhuzwa n'umuganga.
- **Tahura ko ibihe bimwe bimwe birimwo ivyago gusumvya ibindi.** Nk'akarorero, ibikorwa vyoshira umuntu mu kaga harimwo guhuza ibitsina canke kwegerana kw'abakundana, canke gutambira ahari abantu benshi wambaye agahuzu gato. Bishika gake kwandura mpxo uriko ugerageza kwambara impuzu, uriko utembera ku kibuga c'indege, mu binogo vyogerwamwo n'abantu benshi canke amaduka.

Menya vyinshi kuri HealthVermont.gov/mpox



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Mpox (formerly known as human monkeypox virus or hMPXV) is a disease caused by the mpox virus. It is part of the same family as the virus that causes smallpox. Mpox is not new, but in 2022 it was found in countries that have not commonly reported the virus, including the U.S. and Canada.

How it spreads

Mpox can spread to anyone through close, and often skin-to-skin, contact with someone who is infected. This includes:

- **Direct contact with a rash, sores, or scabs.** For example, during sexual, intimate, or other skin-to-skin contact.
- **Large respiratory fluids, like saliva (spit),** from close, face-to-face contact over a longer period of time. For example, when kissing, cuddling or living with someone with mpox.
- **Direct contact with materials that have touched body fluids or sores,** such as clothing or linens.

The virus can spread to others from the time symptoms start until all sores have healed and a fresh layer of skin has formed, which can take several weeks.

People infected with mpox should avoid contact with animals, including pets, livestock, and wildlife, because it can spread between animals and humans.

Symptoms

The most common symptom is a rash, which might look like pimples, blisters or sores. Other symptoms might include fever, headache, muscle aches, backaches, swollen lymph nodes, chills or exhaustion before a rash.

Most people get better in two to four weeks without medical treatment. However, symptoms can be painful, and people might have permanent scarring from the rash.

What Vermonters Can Do

- **Find out if you are eligible for vaccination** at healthvermont.gov/mpox.
- **If you have a rash or other symptoms of mpox,** even if you don't think you've had contact with someone who has it, talk to your health care provider and avoid contact with other people and animals. Call 2-1-1 if you need to be connected to care.
- **Understand that some situations are riskier than others.** For example, higher risk activities include sexual or intimate contact, or dancing in a crowded area with little clothing. It is very unlikely to get mpox from trying on clothes at a store, traveling in an airport, swimming in a public pool or shopping.



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Learn more at HealthVermont.gov/mpox