

猴痘是由人類猴痘病毒 (mpox) 引起的疾病。它與引起天花的病毒屬於同一病毒家族。雖然 mpox 並非新發現的病毒，但是在 2022 年，包括美國和加拿大等不曾普遍報告該病毒的國家都發現了該病毒。我們尚在了解這次的病毒爆發。

傳播方式

mpox 可透過與感染者的密切接觸（通常是皮膚接觸）傳播給任何人。這包括：

- **直接接觸皮疹、潰瘍或結痂處。** 例如，在性接觸、親密接觸或其他皮膚接觸的時候。
- **長時間近距離面對面接觸大量呼吸液體，如唾液（唾沫）。** 例如，親吻、擁抱或與 mpox 患者生活在一起。
- **直接接觸觸碰過體液或傷口的物料，** 如衣物或床單。

病毒可以從出現症狀的時候便開始傳播給其他人，直到所有的傷口癒合，形成新的皮膚層，這可能需要數周的時間。

感染 mpox 的人應避免接觸動物，包括寵物、牲畜和野生動物，因為該病毒可以在動物和人類之間傳播。

症狀

最常見的症狀是皮疹，可能看起來像丘疹、水泡或潰瘍。其他症狀可能包括發熱、頭痛、肌肉疼痛、背痛、淋巴結腫大、發冷或乏力，然後出現皮疹。

大多數人在沒有治療的情況下，在兩到四周內會好轉。然而，症狀可能產生疼痛，人們可能會因皮疹而留下永久性疤痕。

佛蒙特居民能做什麼

- 透過 healthvermont.gov/mpox 了解您是否有資格接種疫苗。（英文連結）
- **如果您有皮疹或其他 mpox 症狀，**即使您認為您沒有與感染者接觸過，也應諮詢您的醫療保健提供者，避免與其他人和動物接觸。如果您需要護理，請致電 2-1-1。
- **了解某些情況比其他情況更危險。** 例如，高風險活動包括性接觸或親密接觸，或在穿衣很少的情況下在擠迫的地方跳舞。因在商店試穿衣服、旅行途徑機場、在公共游泳池游泳或購物而感染 hMPXV 的機會非常低。

欲了解更多資訊，請訪問 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