

Homa ya nyani ni ugonjwa unaosababishwa na virusi vya binadamu vya homa ya nyani (mpox). Virusi hivi ni sehemu ya jamii moja na virusi vinavyosababisha ndui. Virusi vya mpox sio vipya, lakini katika mwaka wa 2022, vilitambuliwa katika nchi ambazo kwa kawaida hazijaripoti uwepo wa virusi hivyo, ikiwa ni pamoja na Marekani na Kanada. Bado tunaendelea kujifunza kuhusu mkurupuko huu.

Jinsi unavyoenea

Virusi vya mpox vinaweza kuenea kwa mtu yoyote kupitia kugusana kwa karibu, sanasana ngozi kwa ngozi, na mtu aliyeambukizwa. Hii ni pamoja na:

- **Kugusa vipele, vidonda, au vigaga.** Kwa mfano, wakati unagusana na mtu mwingine wakati wa kufanya mapenzi, kugusana kwa karibu sana, au mgusano mwingine wa ngozi kwa ngozi.
- **Uowevu wa kiasi kikubwa wa mfumo wa kupumua, kama vile mate,** kutokana na kugusana kwa karibu, au uso kwa uso, kwa muda mrefu. Kwa mfano, unapobusu, kukumbatiana au kuishi na mtu aliye na virusi vya mpox.
- **Kugusana na vitu ambavyo vimegusana na vidonda au uowevu kutoka mwilini,** kama vile mavazi au vitambaa.

Virusi hivi vinaweza kuenea kwa watu wengine kuanzia wakati dalili zinaibuka hadi vidonda vyote vitakapoona na ngozi mpya kutokea, muda ambao unaweza kuchukua wiki kadhaa.

Watu walioambukizwa virusi vya mpox wanafaa kuepuka kugusana na wanyama, ikiwa ni pamoja na wanyama vipenzi, mifugo, na wanyama pori, kwa sababu ugonjwa huu unaweza kuenea kati ya wanyama na binadamu.

Dalili

Dalili zinazoshuhudiwa sanasana ni vipele, ambavyo vinaweza kuonekana kama chunusi, malengelenge au vidonda. Dalili zingine zinaweza kuwa pamoja na homa, maumivu ya kichwa, maumivu ya misuli, maumivu ya mgongo, kuvimba kwa tezi za limfu, kuhisi kijibaridi au kuwa na uchovu kabla ya kupata vipele.

Watu wengi hupata nafuu bila kupokea matibabu baada ya wiki mbili hadi nne. Hata hivyo, dalili zinaweza kuwa na maumivu, na unaweza kupata kovu la kudumu kutokana na vipele vinavyoibuka.

Mambo Ambayo Wakazi wa Vermont Wanaweza Kufanya

- **Fahamu ikiwa unastahiki kupata chanjo** hapa healthvermont.gov/mpox. (Kiungo kwa lugha ya Kiingereza)
- **Ikiwa una vipele au dalili zingine za mpox,** hata ikiwa unadhani kwamba hujagusana na mtu mwenye virusi hivyo, zungumza na mhudumu wako wa afya na uepuka kugusana na watu wengine na wanyama. Piga simu kwa 2-1-1 ili uunganishwe na huduma ya matibabu.
- **Elewa kwamba hali zingine zina hatari kubwa kuliko zingine.** Kwa mfano, shughuli zenye hatari kubwa ni pamoja na kufanya mapenzi au kugusana kwa karibu, au kucheza dansi katika eneo lenye watu wengi huku umevaa mavazi yasiyositiri mwili wako vizuri. Kuna uwezekano mdogo sana wa kupata virusi vya mpox wakati unapojaribu mavazi dukani, kusafiri katika uwanja wa ndege, kuogelea katika bwawa la umma au unaponunua bidhaa.

Pata maelezo zaidi hapa 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