



# SPECIAL MEDICAL BULLETIN: MPOX (MONKEYPOX) AWARENESS AND PREVENTION

June 2025



## MPOX CASES ON THE RISE – STAY ALERT AND PROTECTED

As reported by the several news agencies, multiple cases of **mpox** (formerly monkeypox) have been recorded in parts of **Mindanao**, prompting heightened monitoring and prevention measures by health authorities.

This serves as a nationwide reminder that **viral infections like mpox can spread easily** — especially in workplaces and crowded settings. Early awareness and prevention are key.

## What is Mpx (Monkeypox)?

Mpox is a **viral infection** similar to smallpox but less severe. It causes **rashes, fever, and swollen lymph nodes**, and can spread from person to person.

(Tagalog: *Ang mpox ay isang impeksyon na dulot ng virus na kahawig ng smallpox, ngunit mas mild. Nagdudulot ito ng pantal sa balat, lagnat, at pamamaga ng kulani.*)

## How is Mpx Spread?

- Direct contact with **rashes, lesions, or body fluids** of an infected person
- **Touching contaminated items** like clothes, bedding, or towels
- Prolonged **face-to-face respiratory exposure** (e.g. sneezing, coughing)
- In rare cases, from **animals to humans** through bites or handling of wild animals

## Signs and Symptoms of Mpx

- Fever (*Lagnat*)
- Swollen lymph nodes (*Namamagang kulani*)
- Headache and body aches
- Fatigue (*Pagkapagod*)
- Skin rashes or blisters (*Pantal o paltos sa balat*)
  - often starts on face, hands, or genitals

Symptoms may last **2 to 4 weeks**. Most people recover, but the illness can be serious for children or immunocompromised individuals.

## How to Prevent Mpox

- Avoid close contact with people showing rashes or flu-like symptoms
- Practice regular handwashing and personal hygiene
- Avoid sharing towels, utensils, or clothing
- Clean and disinfect frequently touched surfaces
- Wear masks in crowded or enclosed spaces if outbreaks are reported

*If you or a co-worker develop rashes or symptoms after close contact with someone sick, seek medical attention immediately.*

## Where to Get Checked or Report Symptoms

You may go to:

- **Barangay Health Centers or Rural Health Units (RHU)**
- **City or Municipal Health Offices**
- **DOH-accredited hospitals and clinics**
- **Metrocare-accredited facilities nationwide** (coordinate for LOA approval through our hotlines)

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

## Metrocare: Your Partner in Healthcare

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