



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 Mpox (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 Mpox 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 Mpox

- 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.

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With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

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