

Mpox

Information for travellers to Central Africa or countries with detected cases

How to avoid the risk of contracting mpox

Avoid physical contact, including sexual relations, with those that are symptomatic or have been diagnosed with mpox.

Keep hands clean.

Avoid contact with the belongings and objects of affected people.

Do not handle or consume meat from wild animals.

Try to avoid contact with animals.

Most common symptoms

Skin rash on any part of the body (including the mouth, anus, genitals, face, etc.).

Fever, headache, muscle pain, or tiredness.

Inflammation of the lymph nodes.

If during your trip, or within 21 days of your return, you suspect that you have or show symptoms of mpox:

Avoid close physical contact with people (including sexual relations) and with animals.

Wear a mask if you have respiratory symptoms.

Contact a doctor as soon as possible, and if it is upon your return, call 112.

And remember



You must not travel if you have mpox symptoms.



If you have been exposed to someone with mpox, consult a doctor, even if you are not showing any symptoms.



You should not bring dead animals, meat, or other foods in your luggage, as these could carry diseases.