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**Information letter for a low-risk contact of a person with mpox**

Dear Sir/Madam,

Source and contact tracing by the Municipal Public Health Service (GGD ...) has established that you have been in contact with a person with mpox. You may have been infected with mpox as a result of this. In the coming period, you will need to take your temperature daily, be alert to symptoms, and get tested if you develop any symptoms. By doing so, you help to contain the spread of the virus.

**Rules for daily life**

* Cough or sneeze into your elbow.
* Wash your hands frequently.
* Monitor your health closely and check your skin.

**What to do in the event of symptoms?**

If you experience any of the following symptoms in the next 3 weeks, stay at home and contact the public health service (GGD) immediately:

* fever (temperature above 38.5 °C);
* headache;
* muscle aches;
* joint aches;
* chills;
* fatigue;
* skin rash (red spots that change into blisters or pimples);
* swollen lymph nodes.

**Any questions?**

Click [here](https://www.rivm.nl/en/monkeypox) for more information about mpox and answers to frequently asked questions. If you have any other questions, please call [GGD telephone number].

**What is mpox?**

Mpox is a disease caused by the monkeypox virus that occurs mainly in countries in West and Central Africa. Mpox can spread from animals to humans and can then spread from human to human. The disease is usually mild in humans. The disease often – but not always – starts with symptoms such as a fever, a headache, muscle aches, swollen lymph nodes, chills and/or fatigue. After one to three days, a rash appears. This rash starts as spots that turn into blisters. The rash usually starts on the face and then spreads to the rest of the body. Once the blisters dry out, scabs form that eventually fall off after two to three weeks.

**How is mpox transmitted?**

Mpox can be transmitted from one person to the next in a number of different ways. It can be transmitted through skin-to-skin contact (by touching the blisters or lesions) or through contact between the mucous membranes (of the mouth, nose and eyes), such as during French kissing and sex. The virus possibly also spreads through droplets from the blisters or lesions, or from the mouth and throat (coughing, sneezing).

For information about the current situation, go to [Mpox | RIVM](https://www.rivm.nl/en/monkeypox).