

猴痘是一种由人类猴痘病毒引起的疾病。它与导致天花的病毒为同一属病毒。不是新病毒，但 2022 年在美国和加拿大等尚未普遍报告该病毒的国家/地区发现。我们仍在了解这次爆发的情况。

传播方式

可通过与感染者密切接触（通常是皮肤接触）传播给任何人。这包括：

- **直接接触皮疹、疮或结痂。** 例如，在性接触、亲密接触或其他皮肤接触过程中。
- **大量呼吸道液体，如唾液（唾沫），**来自长时间近距离的面对面接触。例如，在与患者接吻、拥抱或与之同住时。
- **直接接触接触过体液或疮的材料，**如衣服或床单。

病毒可从症状开始到所有疮全部愈合并形成新皮肤层的时间内传播给其他人，这可能会持续数周时间。

感染的人应避免与动物接触，包括宠物、家畜和野生动物，该病毒可以在动物和人类之间传播。

症状

最常见的症状是皮疹，可能看起来像丘疹、水泡或疮。其他症状可能包括发热、头痛、肌肉酸痛、背痛、淋巴结肿大、畏寒和出疹前的疲惫。

大多数人在未经治疗的情况下会在两至四个星期内好转。然而，症状可能会很痛苦，而且可能因皮疹而留下永久性瘢痕。

佛蒙特人可以做什么

- 访问 healthvermont.gov/mpox，了解您是否有资格接种疫苗。（中文版链接）
- **如果您出现皮疹或其他症状，**即使您认为自己没有接触过感染者，也请咨询医疗服务机构，并避免与其他人和动物接触。如果您需要联系护理，请致电 2-1-1。
- **了解某些情况比其他情况更具风险。**例如，较高风险的活动包括性接触或亲密接触，或者在拥挤的地方只穿很少的衣服跳舞。在商店试穿衣物、在机场旅行、在公共泳池游泳或购物时感染 XV 的可能性很小。

如需了解更多信息，请访问 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