

# Monkeypox

## What is monkeypox?

Monkeypox is a disease caused by the monkeypox virus, which is related to the classical smallpox virus. Human-to-human transmission is possible only in case of close contact.

## How is monkeypox transmitted?

- Contact with **body fluids** (e.g. saliva) and skin alterations (pox, blister contents and scabs)
- Close **skin-to-skin contact** during sex, massaging, kissing, hugging, etc.
- **Droplet transmission** during conversations
- Extremely small skin lesions and the **mucous membranes** (eye, mouth, nose, genitals, anus) are sufficient for transmission
- Transmission through the shared use of **objects** (clothes, bed linen, cutlery, etc.)

## What should I do if I have symptoms?

- Avoid contact with other people
- **Wash hands** regularly with soap and water
- Avoid contact with pets
- After making contact by telephone, visit one of the **testing and counselling centres shown on the next page. Swabs are anonymous and free of charge!**



## Symptoms?

- **Temperature, headache, muscle pain and pain in the back**
- After the temperature, **pox blisters** develop on the skin (face, hand, foot, genital and anal areas)



## How do I protect myself?

- Be careful and watch out for symptoms in other people that you have contact with
- Avoid sexual contact with people you do not know
- **Vaccination for contact persons** within 14 days after contact is available at the **Bremen public health department**



**Condoms provide protection against HIV, but NOT against a monkeypox infection!**

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## Testing and counselling centres in Bremen



### **Bremen Public Health Department - AIDS/STD Counselling:**

Horner Strasse 60-70

28203 Bremen

Phone: +49 (0) 421 361 15121



[aidsstd@gesundheitsamt.bremen.de](mailto:aidsstd@gesundheitsamt.bremen.de)

**Free and anonymous advice and testing are provided after you have made an appointment by telephone:**

### **Office hours:**

Monday: 9:00 a.m. - 12:00 noon

Tuesday: 9:00 a.m. - 12:00 noon

Wednesday: 9:00 a.m. - 12:00 noon

Thursday: 2:00 p.m. - 6:00 p.m.



### **Rat & Tat - Zentrum für queeres Leben e.V.:**

Arno Oevermann

Hollerallee 13

28209 Bremen

Phone: +49 (0) 421 704170



[beratung@ratundtat-bremen.de](mailto:beratung@ratundtat-bremen.de)

**Free and anonymous advice is provided after you have made an appointment by telephone:**

### **Office hours:**

Monday: 11:00 a.m. - 1:00 p.m.

Tuesday: 3:00 p.m. - 5:00 p.m.

Wednesday: 11:00 a.m. - 1:00 p.m.

Thursday: 3:00 p.m. - 5:00 p.m.



## Accommodation in case of quarantine



### **Safe and free accommodation for the homeless**

In case you are infected with monkeypox, you will be provided with sheltering accommodation where you can live until you have recovered. There, food will be made available to you free of charge.



### **Addictive substances and alcohol**

In case you consume addictive substances or alcohol, you will be given substitutes at the sheltering accommodation.



### **Medical assistance**

During the time of your quarantine you will receive medical help and medication free of charge if necessary.

