



什麼是猴痘？

What is Mpox

猴痘是一種由猴痘病毒引起的人畜共患病，一般流行於中非和西非國家。
2022 年 5 月起，全球多處相繼爆發了疫情。

Mpox (also known as monkeypox) is a zoonosis caused by monkeypox virus.
It is usually endemic in Central and West Africa. Since May 2022, there has been a multi-country outbreak reported globally.

◎ 症狀 Symptoms



- 發燒
 - 劇烈頭痛
 - 肌肉酸痛
 - 淋巴結腫大
 - 喉嚨痛
 - 皮疹
(斑丘疹 → 水疱 → 膿疱 → 結痂 → 脫落)
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- Fever
 - Intense headache
 - Myalgia
 - Lymphadenopathy
 - Sore throat
 - Rash
(maculopapules → vesicles → pustules → crusts → fall off)



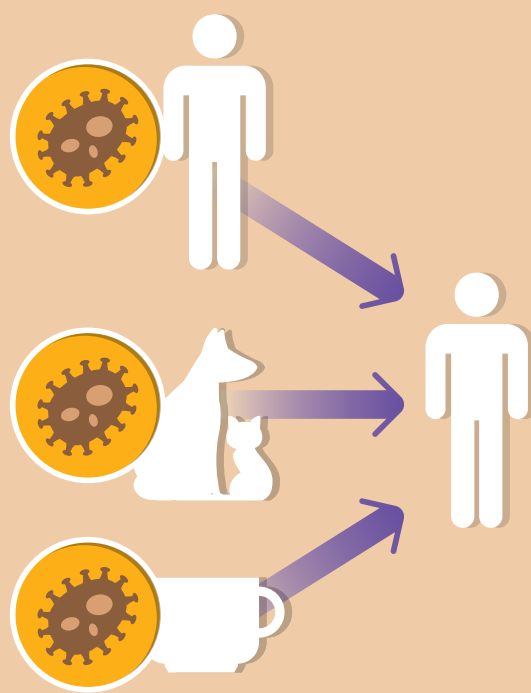
◎ 傳播途徑 Mode of transmission

當人與受感染的動物、受感染的人、或受污染的物件接觸，便可能受感染。

人與人的傳播主要透過與患者的密切接觸，例如皮膚接觸、口對口、口對皮膚和性接觸（經唾液或體液傳播）

A person may contract the virus from infected animals, infected humans or contaminated materials.

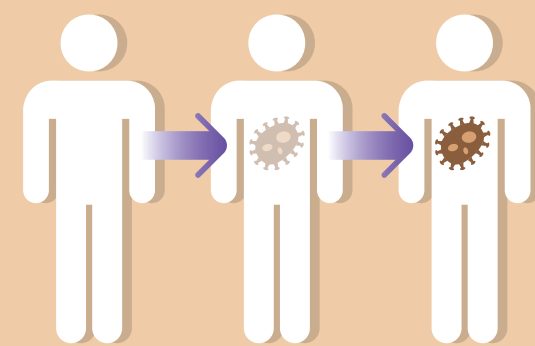
Human to human transmission is mainly through close contact with infected individuals, such as skin-to-skin, mouth-to-mouth, mouth-to-skin, and sexual contact (transmitted via saliva or body fluids)



◎ 潛伏期 Incubation period

潛伏期介乎 1 至 21 天，但通常為 6 至 13 天。

The incubation period is usually from 6 to 13 days, with a range from 1 to 21 days.



◎ 預防措施 Precautions



市民前往受猴痘病毒影響的地方應該採取預防措施以減低受感染風險。避免與猴痘病人或有疑似猴痘皮疹的人士密切接觸或皮膚接觸、在照顧病人或處理動物時，要穿戴防護裝備並在完成後洗手、徹底煮熟所有動物產品方可進食和如有任何可疑病徵，應及時求醫。

Take precautions when travelling to places affected by Mpox to reduce risk of infection. Avoid close, skin-to-skin contact with sick people or people with a rash that looks like mpox, wear protective equipment when taking care of ill people or handling animals and wash hands afterwards, thoroughly cook all animal products before eating and seek medical advice promptly for any suspicious symptoms.

◎ 回港後 After returning to Hong Kong

曾前往受影響地方的市民回港後，請留意自己的身體狀況，如出現可疑病徵（例如發燒、皮疹、淋巴結腫大等），請立刻求醫，並告知醫生你曾到過的地方。

After returning to Hong Kong, members of public who have visited places affected by Mpox should take note of their own bodily conditions. Seek medical help immediately if suspicious symptoms (e.g. fever, rash, lymphadenopathy) occur and tell your doctor the places where you have been.



詳情請參閱衛生防護中心網頁：

<https://www.chp.gov.hk/tc/features/105683.html>

For details, please refer to website of the Centre for Health Protection:

<https://www.chp.gov.hk/en/features/105683.html>



中文



English



衛生署
Department of Health

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