



# 什麼是猴痘？

## What is Mpox

猴痘由猴痘病毒引起，一般流行於中非和西非國家。

自2022年5月中，在歐洲、北美和澳洲等一些非猴痘流行國家開始陸續出現猴痘個案。

Mpox (also known as monkeypox) is caused by a virus named Mpox virus. It is usually endemic in Central and West Africa. Since mid-May 2022, more and more Mpox cases have been reported in non-endemic countries, starting from Europe, North America and Australia.



### ◎ 症狀 Symptoms



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| <ul style="list-style-type: none"> <li>發燒</li> <li>劇烈頭痛</li> <li>肌肉痛</li> </ul>                    | <ul style="list-style-type: none"> <li>淋巴結腫大</li> <li>口腔潰瘍</li> <li>皮疹<br/>(斑丘疹 → 水疱 → 膿疱 → 結痂)</li> </ul>   |
| <ul style="list-style-type: none"> <li>Fever</li> <li>Intense headache</li> <li>Myalgia</li> </ul> | <ul style="list-style-type: none"> <li>Lymphadenopathy</li> <li>Lesions in mouth</li> <li>Rash on the body<br/>(maculopapules → vesicles → pustules → crusts)</li> </ul> |

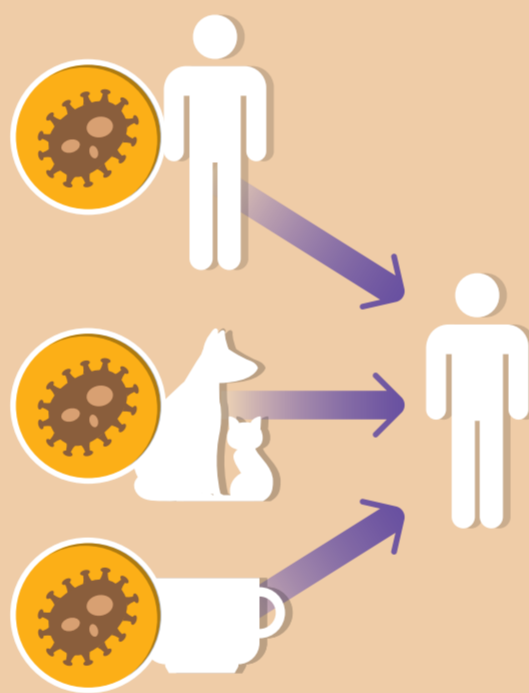
### ◎ 傳播途徑 Mode of transmission

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。

人傳人：長期面對面接觸引致的飛沫傳播、直接的體液接觸 (例如性接觸)

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

Human to human transmission may be through respiratory droplets during prolonged face-to-face contact or direct contact with body fluids (such as sexual contact)



### ◎ 潛伏期 Incubation period

潛伏期介乎5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 5 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。避免與病的人或動物接觸、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 physical contact with sick persons or animals, wear protective equipment when taking care of sick persons or handling animals and wash hands afterwards, thoroughly cook 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



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