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MONKEYPOX UPDATE

Dear Member

By now, you should have seen that monkeypox (Mpox) has been in the news lately. The National Department of Health is monitoring the outbreak closely and continuing with contact tracing and education drives. We’ve put together some information to help you stay informed about this viral illness and the current Mpox outbreak.

Anyone can get Mpox. It spreads from contact with infected:

- Persons, through touch, kissing, or sex
- Animals when hunting, skinning, or cooking them
- Materials, such as contaminated sheets, clothes or needles
- Pregnant persons, who may pass the virus on to their unborn baby

If you have Mpox:

- Tell anyone you have been in close contact with recently
- Stay at home until all scabs fall off and a new layer of skin forms
- Cover lesions and wear a well-fitting mask when around other people
- Avoid physical contact

[READ THE FULL ARTICLE ABOUT MPOX HERE](#)

As we’re monitoring the situation, we urge our members to remain calm and follow any preventative measures. We’ll keep you updated as things develop.

Kind regards,
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