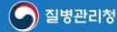


2023. 2. 22.



엠pok스 예방및 행동수칙

발생지역 방문자용



엠pok스 발생지역 방문 시 주의사항

- ✓ 방문 전, 엠pok스 풍토병 지역 및 발생지역 확인
- ✓ 설취류(다람쥐 등), 영장류 등 접촉 삼가
- ✓ 동물사체 및 야생고기를 다루거나 먹지 않기
- ✓ 엠pok스 (의심)환자와 접촉 삼가
 - 엠pok스 의심 증상(발진 등)을 가진 사람과 접촉 삼가
 - 엠pok스 의심 증상(발진 등)을 가진 사람의 물건 등과 접촉 삼가



엠pok스 발생지역 방문 후 주의사항

- ✓ 귀국 후 검역 시 검역관에게 건강상태질문서 제출
- ✓ 귀국 후 21일간 발열 및 기타 관련 증상 자가 모니터링
- ✓ 엠pok스 의심증상이 있을 경우, 실거주지 관할 보건소로 상담 문의



엠pok스 의심증상(발진 등) 발생 시 행동요령

- ✓ 실거주지 관할 보건소로 즉시 신고하여 방역 당국의 조치사항 안내에 따름
- ✓ 엠pok스 진단 전까지 동거인을 비롯한 주위사람들과의 접촉 삼가
 - * 침구, 식기, 컵 등 물품을 별도로 사용하고 가능하면 생활공간을 분리
- ✓ 철저한 손위생 및 가족, 동거인 등 보호하기 위해 개인보호구 사용
 - * 피부병변을 긴 소매 및 바지 등으로 감싸 노출 최소화, 마스크 착용, 일회용 장갑 등
- ✓ 의심증상자의 쓰레기 및 침구는 별도로 분리하여 관리
 - * 확진되면 쓰레기는 폐기물로 별도 분리 배출하고 침구도 별도 세탁 시행
- ✓ 애완동물을 포함한 기타 동물과의 접촉 삼가

붙임 4

엠pok스 행동수칙 안내문(영문)

2023. 2. 22.



Mpox Prevention Guidelines



Mpox prevention steps

- ✓ Practice good personal hygiene, including washing your hands
 - * Wash your hands with soap and water regularly or use an alcohol-based hand sanitizer after contact with a person with suspected mpox
- ✓ Keep contaminated hands away from the mucous membranes of the eyes, nose and mouth
- ✓ Avoid direct contact with skin lesions(incl. a rash or scabs) on a person with suspected mpox
- ✓ Avoid contact with objects and materials(incl. bedding, towels, clothing, or a bathroom sink) that a person with suspected mpox has used
- ✓ Wear appropriate personal protective equipment when you unavoidably have come in contact with a person with suspected mpox
- ✓ Beware of direct contact with sick or dead animals and items used
- ✓ Do not go near wild or companion animals imported from west and central Africa



What to do if you develop suspected symptoms of mpox

- ✓ Immediately report suspected symptoms to a public health center and follow advice
- ✓ Avoid contact with people including those who you live with until you've been told what to do
 - * Do not share towels, cups or bedding, and isolate at home if possible
- ✓ Wash hands frequently with soap and water and use personal protective equipment to limit spread to family members and people you live with
 - * Wear long sleeves and pants to cover skin lesions, a well-fitting mask and disposable gloves, etc.
- ✓ Separately manage disposal of personal waste and bedding
 - * If you are confirmed, personal waste should be kept separate from other waste and discarded in disposable rubbish bags. You should launder your clothes and bedding separately from those of other members of the household
- ✓ Avoid contact with animals including companion ones

Please call the **KDCA call center(at 1339)** for advice if you develop suspected symptoms of mpox, such as fever or a rash

Mpox

Prevention Guidelines

for travelers to countries/areas affected by mpox



Precautions when traveling to countries/areas affected by mpox

- ✓ Learn about mpox before traveling to the endemic area
- ✓ Avoid contact with rodents (such as giant-pouched rats or prairie dogs) or non-human primates
- ✓ Avoid handling dead animals and eating undercooked meat sourced from wild animals
- ✓ Avoid contact with a (suspected) mpox patient
 - * Avoid contact with a person with suspected symptoms (incl. a rash)
 - * Avoid contact with objects and materials (incl. bedding, towels, clothing, or a bathroom sink) that a person with suspected symptoms has used



What to do after returning from countries/areas affected by mpox

- ✓ On arrival, fill out and submit the health questionnaire to a Korean airport quarantine station officer
- ✓ Self-monitor for the development of symptoms, including fever, for 21 days from the date of arrival
- ✓ Call a public health center for a consultation if you develop suspected symptoms



What to do if you develop suspected symptoms of mpox

- ✓ Immediately report suspected symptoms to a public health center and follow advice
- ✓ Avoid contact with people including those who you live with until you've been told what to do
 - * Do not share towels, cups or bedding, and isolate at home if possible
- ✓ Wash hands frequently with soap and water and use personal protective equipment to limit spread to family members and people you live with
 - * Wear long sleeves and pants to cover skin lesions, a well-fitting mask and disposable gloves, etc.
- ✓ Separately manage disposal of personal waste and bedding
 - * If you are confirmed, personal waste should be kept separate from other waste and discarded in disposable rubbish bags. You should launder your clothes and bedding separately from those of other members of the household
- ✓ Avoid contact with animals including companion ones

- Fill out and submit the health questionnaire when returning
 - If you have developed any symptoms, notify a Korean airport quarantine station officer about your symptoms
- If you have developed suspected symptoms of mpox, incl. fever or a rash within 21 days after returning from countries/areas affected by mpox, call the **KDCA call center (at 1339)** for advice
- If you visit a healthcare provider due to other symptoms, be sure to inform the provider of your travel history