



## Travelers' Health

### Mpox in the Democratic Republic of the Congo (DRC)

Level 4 - Avoid All Travel
Level 3 - Reconsider Nonessential Travel
Level 2 - Practice Enhanced Precautions
Level 1 - Practice Usual Precautions

### Key points

- There is an outbreak of mpox in 22 out of 26 provinces, including urban areas, in the DRC (see map).
- Person-to-person transmission has occurred during this outbreak, including through **sexual contact**, household contact, and within the healthcare setting.
- Vaccination against mpox is recommended for people with [certain risk factors](#).
- **Travelers should:**
  - Avoid close contact with sick people, including those with skin lesions or genital lesions.
  - Avoid contact with contaminated materials used by sick people (such as clothing, bedding, or materials used in healthcare settings) or that came into contact with infected animals.
  - Avoid contact with dead or live wild animals, such as small mammals including rodents (rats, squirrels) and non-human primates (monkeys, apes).
  - Avoid eating or preparing meat from wild game ([bushmeat](#)) or using products derived from wild animals from endemic countries throughout Central and West Africa (creams, lotions, powders).
- Seek medical care **immediately** if you develop new, [unexplained skin rash \(lesions on any part of the body\)](#), [with or without fever and chills](#), and **avoid contact with others**.
  - Tell your doctor if you traveled to the DRC in the month before developing symptoms.
- If you are sick and could have mpox, follow isolation and infection control measures [at home](#) and [during travel](#). See additional information about [what to do if you are sick](#) with mpox.

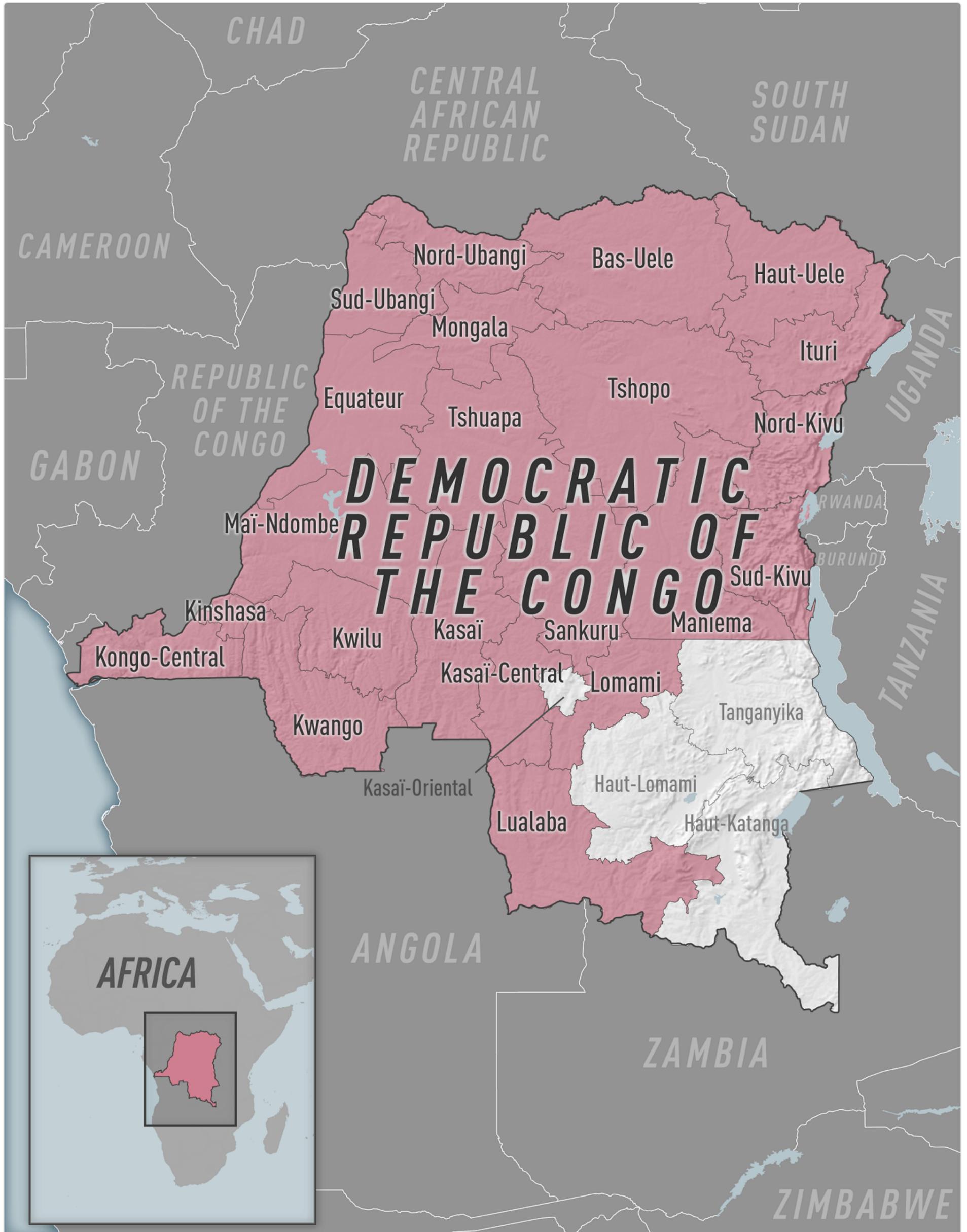
### Traveler Information

- [Health Information for Travelers to the Democratic Republic of the Congo](#)
- [Travelers' Health Mpox Website](#)
- [Mpox Vaccine Recommendations](#)
- [CDC Mpox Website](#)

### Clinician Information

- CDC Health Alert Network (HAN): [Mpox Caused by Human-to-Human Transmission of Monkeypox Virus with Geographic Spread in the Democratic Republic of the Congo](#)
- [Mpox Vaccine Recommendations](#)
- [Mpox Information for Clinicians](#)
- [Mpox Information for Veterinarians](#)

- [Smallpox & Other Orthopoxvirus-Associated Infections](#) in the CDC Yellow Book (Health Information for International Travel)
- [Sex & Travel](#) in the CDC Yellow Book (Health Information for International Travel)



Pink shading indicates provinces with confirmed and suspect cases of mpox. ([View larger](#))

## What is Mpox?

[Mpox](#) is a disease caused by infection with monkeypox virus. Mpox is endemic throughout Central and West Africa near forests.

People usually become infected with the monkeypox virus through contact with the skin lesions or bodily fluids of infected animals or humans (alive or dead), including respiratory droplets, or through contact with materials contaminated with the virus. Transmission also occurs through intimate contact, including sex, with an infected person.

Symptoms often include fever ( $\geq 100.4^{\circ}\text{F}$ ), rash, headache, muscle aches, and swollen lymph nodes. Fever is not always present. Lesions typically develop at the same time and evolve together on any given part of the body. Mpox is a potentially fatal disease.

There is a [vaccine](#) available for mpox.

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Content source: [National Center for Emerging and Zoonotic Infectious Diseases \(NCEZID\)](#)

[Division of Global Migration Health \(DGMH\)](#)