



UNIVERSITY OF SANTO TOMAS
OFFICE OF THE SECRETARY-GENERAL

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A.Y. 2024-2025

TO : THE THOMASIAN COMMUNITY
FROM : OFFICE OF THE SECRETARY-GENERAL
RE : HEALTH ADVISORY ON MONKEYPOX
DATE : 22 August 2024

The University, through the UST Health Service, issues the following health advisory about the risks of Monkeypox or Mpox, its symptoms, and preventive measures, as follows:

What is Mpox or Monkeypox?

Mpox (monkeypox) is an infectious disease caused by the Monkeypox virus. It can cause a painful rash, enlarged lymph nodes and fever. Most people fully recover, but some may get very sick. (Click link or scan QR code for more info).



Common Symptoms of Mpox include rash, fever, sore throat, headache, muscle aches, back pain, low energy, swollen lymph nodes.

To protect yourself from Mpox, follow these Preventive Measures:

- Avoid close, skin-to-skin contact with people who have a rash that looks like Mpox and animals that carry the Mpox virus.
- Refrain from sharing food, drinks, and personal items.
- Avoid crowded places: Wear face mask, long sleeves, and pants for protection.
- Practice good hygiene: Wash hands thoroughly with soap and water after coming into contact with possibly infected animals or potentially contaminated objects.
- Seek medical attention: If you develop symptoms of mpox, consult a healthcare provider immediately. Early diagnosis and isolation are crucial in preventing spread of the disease.
- Always be updated and informed through reliable sources.

For more information on prophylaxis or health concerns, please log on to the ThOMedSS website, healthcare professionals will be available from 8am-5pm (Monday-Saturday) for an online consultation.

Thank you.

FR. LOUIE R. CORONEL, OP
Secretary-General

