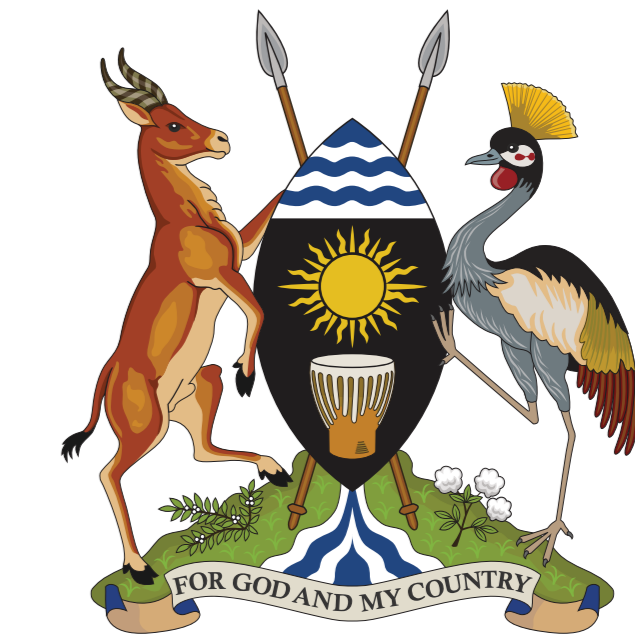




## Small actions, big protection

Keep Mpox out of your circle  
by encouraging everyone with symptoms  
to seek immediate medical care.

**Stay protected.  
Don't let Mpox into your circle.**



THE REPUBLIC OF UGANDA  
MINISTRY OF HEALTH



**Obulamu?**

**Call  
0800 100 066 or  
SMS U-Report:  
8500 for free.**



# Small actions, big protection

Keep Mpox out of your circle by:



washing or  
sanitizing hands



coughing and  
sneezing in the elbow,  
tissue or handkerchief



seeking immediate medical care  
on the onset of symptoms

**Stay protected.  
Don't let Mpox into your circle.**



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# Small actions, big protection

The symptoms of Mpox include:

- skin rash
- fever
- headache
- swellings around the neck and joints

**Stay protected.  
Don't let Mpox into your circle.**



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