

MONKEYPOX

INTRODUCTION

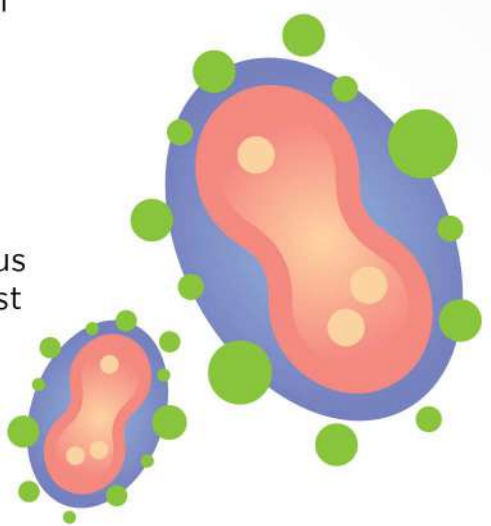
Monkeypox

- An erratic disease caused by infection with monkeypox virus
- First discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research, hence the name
- First human case was recorded in 1970 in the Democratic Republic of the Congo (DRC) during a period of intensified effort to eliminate smallpox
- Reported in people in other central and western African countries
- World Health Organization (WHO) is closely tracking cases in the United Kingdom, Spain and Portugal



CAUSE

- Caused by Monkeypox virus, which belongs to the orthopoxvirus group of viruses (which causes smallpox), vaccinia virus (used in the smallpox vaccine), and cowpox virus
- Occurs primarily in tropical rainforest areas of central and west Africa and is occasionally exported to other regions
- Transmission to humans is through close contact with an infected person or animal, or with material contaminated with the virus (lesions, body fluids, respiratory droplets and contaminated materials and surfaces)



SYMPTOMS



- Usually a self-limited disease with symptoms lasting from 2 to 4 weeks
- Incubation period: 7-14 days but can range from 5-21 days, and begins with:
 - Fever
 - Headache
 - Swollen lymph nodes
 - Muscle aches
 - Backache
 - Chills
 - Exhaustion
- Within 1-3 days after the appearance of fever, the patient may develop a rash usually beginning on the face the spreading to the other parts of the body.
- Severe cases can occur.

Comparison of Monkeypox versus other rash related infections:

SYMPTOMS	MONKEYPOX	CHICKENPOX	MEASLES
Fever	1-3 days before rash	1-2 days before rash	3-5 days before rash
Rash appearance	Lesions often in one stage of development (rash appears the same)	Lesions often in multiple stages of development (some rash appears the same)	Lesions often in multiple stages of development
Rash development	Slow	Rapid	Rapid
Rash distribution	More dense on face; present on palms and soles	More dense on trunk (body); absent on palms and soles	Starts on face and spreads; sometimes reaching hands and feet
Swelling of Lymph nodes	Present	Absent	Occasional
Death	Up to 10%	Rare	Varies widely

TREATMENT

- Clinical care should be fully optimized to alleviate symptoms, manage complications and prevent long-term sequelae.
- Offer fluids and food to patients to maintain adequate nutritional status.
- Treat secondary bacterial infections.
- Use antiviral medication.
- Administer smallpox vaccination within 2 weeks of exposure to monkeypox.



PREVENTION

- Avoid contact with animals that are sick or that have been found dead in areas where monkeypox occurs that could protect the virus.
- Avoid contact with any materials, such as bedding, that have been in contact with a sick animal.
- Isolate infected patients from others who may be at risk for infection.
- Practice good hand hygiene after contact with infected animals or humans: wash your hands with soap and water or use an alcohol-based hand sanitizer.
- Use personal protective equipment (PPE) when caring for patients.

