

# Monkey Pox

What you need to know



## What is Monkey Pox (Mpox)?

Monkeypox (Mpox) is a rare disease caused by infection with the Monkeypox virus. Monkeypox virus is part of the same family of viruses as *variola virus*, the virus that causes smallpox.

Discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research. African rodents and non-human primates (like monkeys) might harbor the virus and infect people.

## Modes of Transmission



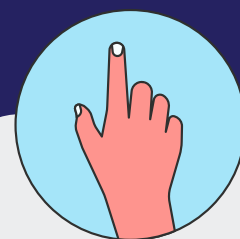
### Droplet

respiratory secretions during, face-to-face contact, or during intimate contact



### Direct Contact

direct contact with the infectious rash, scabs, or body fluids



### Indirect Contact

touching items that previously touched the infectious rash or body fluids

The first human case of Mpox was recorded in 1970.

Almost all monkeypox cases in people outside of Africa were linked to international travel to countries where the disease commonly occurs or rough imported animals.

On July 23, 2022, WHO Director General Tedros Adhanom Ghebreyesus, PhD, declared the current monkeypox outbreak a Public Health Emergency of International Concern (PHEIC)

# Signs & Symptoms



- **Fever**
- **Headache**
- **Muscle aches and backache**
- **Swollen lymph nodes**
- **Chills**
- **Exhaustion**
- **Respiratory symptoms** (e.g. *sore throat, nasal congestion, or cough*)
- A **rash** that can look like pimples or blisters that *appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.*

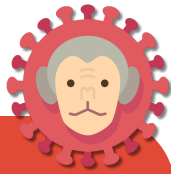


## Treatment



1. Treatment is primarily supportive and is directed towards relieving symptoms
2. Use of antipyretics, anti-inflammatory, non steroidal anti inflammatory drugs may be warranted
3. Currently, no anti-viral or immunoglobulin treatments have been locally approved as treatment by the FDA
4. Increase oral fluid intake may help
5. Treatment of secondary bacterial infection by antibiotics in cases of infected skin, eye from erupted lesions and from complications brought about by a weakened immune system

## FAQ



**Is Mpox related to chickenpox?**

**NO**

Monkeypox belongs to the *Orthopox Family* while chickenpox, on the other hand, is caused by the *varicella zoster virus (VZV)*.

## P R E V E N T I O N

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
  - Do not touch the rash or scabs of a person with Mpox.
  - Do not kiss, hug, cuddle or have sex with a person with Mpox.
  - Do not share eating utensils or cups with a person with Mpox.
- Do not handle or touch bedding, towels, or clothing of a person with Mpox.
- Observe proper handwashing with soap and water. You may also use an alcohol-based hand sanitizer.

