

# MONKEYPOX

*Also known as MPV (Money Pox Virus)*

## Basics

- Zoonotic disease (transmitted to humans from animals). Affects all age groups.
- Transmission: respiratory droplets, skin-to-skin, fomites, direct contact or exposure to infected animal, consumption of infected meat. Not a sexually transmitted disease in the classic sense, but it is spread by close physical contact with lesions.
- The illness typically lasts 2-4 weeks

## Symptoms

- Initial (prodromal) phase: fever, chills, drenching sweats, extreme weakness, muscle pain, backache, severe headache, dyspnea, cough, enlarged lymph nodes.
- Mouth sores, conjunctival, genital, or anal lesions.



## Prevention strategies

- The initial phase is followed 1-10 days later by a facial rash (firm pimple-like lesions) that spreads to the rest of the body, including the palms and the soles (can start in genital and perianal areas). *Person is contagious from the time initial symptoms start until the rash has fully healed (until lesions form scabs, scabs fall off, and a fresh layer of skin forms).*
- Avoid (a) direct or indirect contact with body fluids or lesion materials (the infectious rash or scabs) of an infected person; (b) skin-to-skin contact; (c) exposure to respiratory secretions during prolonged, face-to-face contact; (d) contact with fomites (objects such as shared towels and bedding which are likely to carry infection)
- Mostly mild, self-limiting disease; however, complications can include scarring, secondary bacterial infection, encephalitis, bronchopneumonia, respiratory distress, sepsis, corneal ulceration, keratitis, blindness.
- The prognosis depends on initial health status, and concurrent illnesses or comorbidities. If you are sick, isolate and decontaminate contaminated surfaces.