

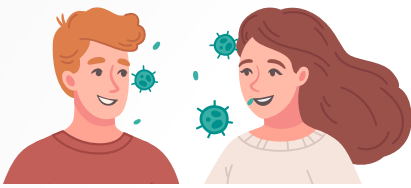


MONKEYPOX



The monkeypox virus is an orthopoxvirus that causes MPox (monkeypox), a disease with symptoms similar to smallpox, although less severe.

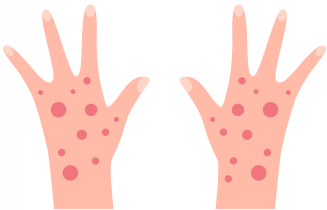
TRANSMISSION



MPox is spread from humans to humans through contact with:

- Bodily fluids
- Lesions on the skin or on internal mucosal surfaces, such as in the mouth or throat
- Respiratory droplets (kissing/talking)
- Contaminated objects (beddings)

SIGNS AND SYMPTOMS



People with MPox often get a rash that may be located on hands, feet, chest, face, or mouth or near the genitals, including penis, testicles, labia, and vagina, and anus:

- The rash will go through several stages, including scabs, before healing.
- The rash can initially look like pimples or blisters and may be painful or itchy.



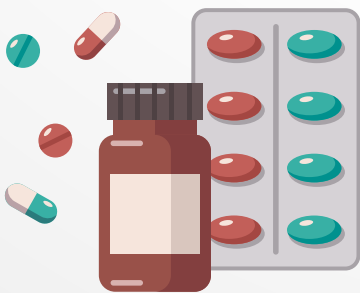
The incubation period is 3–17 days. During this time, a person does not have symptoms and may feel fine. Other symptoms of MPox can include:

- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Headache
- Respiratory symptoms (e.g., sore throat, nasal congestion, or cough)

DIAGNOSIS

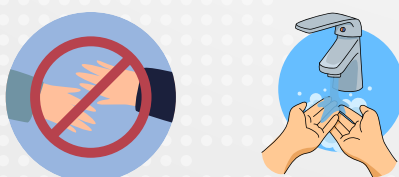
Detection of viral DNA by polymerase chain reaction (PCR) is the preferred laboratory test for MPox. The best diagnostic specimens are taken directly from the rash – skin, fluid or crusts, or biopsy where feasible.

TREATMENT



- Avoid scratching the rash, skin spots, or scabs
- Take warm baths to help soothe skin and keep fingernails short to help prevent infection
- If with rash on genitals or around the anus, ease discomfort by taking sitz baths ("soak" or "submerge" rash in a clean tub of shallow, warm water)
- Applying cool compresses can also help soothe the rash
- Wash skin with a mild soap and water.
- Keep all skin spots covered.
- Use an antiseptic or anti-bacterial medication only if your physician includes this in your treatment plan.

REMINDERS ON PREVENTION



- Observe respiratory etiquette (covering mouth and nose when sneezing)
- Proper room ventilation/airflow
- Frequent hand washing or hand sanitation
- Social distancing – refrain from having close contact with those manifesting symptoms

References