

MONKEYPOX

“A Global Pandemic”



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WHAT IS MONKEYPOX??

Monkeypox is a rare disease caused by the monkeypox virus. It is similar to smallpox which belongs to the orthopoxvirus.



Monkeypox was discovered in 1958 in crab-eating monkeys (*Macaca fascicularis*) being used as laboratory animals. There are two known types (clades) of monkeypox virus — one that originated in Central Africa and one that originated in West Africa. The current world outbreak (2022) is caused by the less severe West African clade. Monkeypox virus is an enveloped double-stranded DNA virus that belongs to the

Orthopoxvirus genus of the Poxviridae family.

The virus is mainly found in the tropical forests of Central Africa and West Africa. It was first discovered in monkeys in 1958 and in humans in 1970.

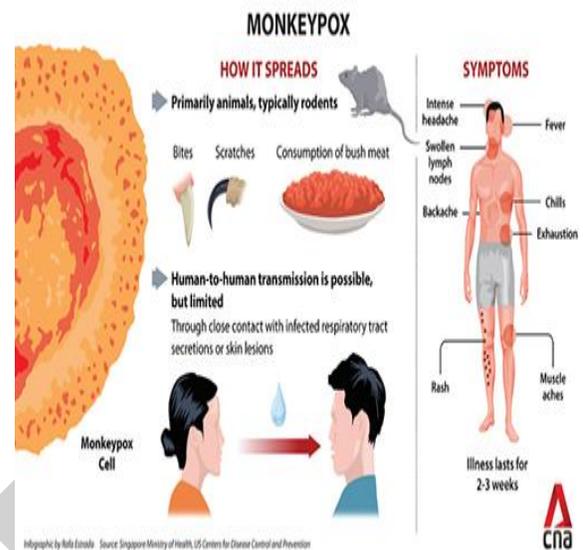
TRANSMISSION

It is a zoonotic disease. The virus can spread both from animal to human and from human to human. Infection from animal to human can occur via an animal bite or by direct contact with an infected animal.

Monkeypox is spread when you come into contact with an animal or a person infected with the virus.

Monkeypox can spread from person to person, but it's less common. Person-to-person spread (transmission) occurs when you come in contact with the sores, scabs, respiratory droplets or oral fluids of an infected person usually through close, intimate situations like cuddling, kissing or sex. Research is ongoing, but researchers aren't sure if the virus is transmitted through semen or vaginal fluids. You can also get monkeypox by coming into contact with recently contaminated materials like clothing,

bedding and other linens used by an infected person or animal.



SIGNS AND SYMPTOMS

The incubation period is between 10 and 14 days. Prodromal symptoms include swelling of lymph nodes, muscle pain, headache, and fever, prior to the emergence of the rash.

After exposure, it may be several days to a few weeks before you develop symptoms. Early signs of monkeypox include flu-like symptoms like:

- Fever
- Chills
- Headache
- Muscle aches.
- Fatigue
- swollen lymph nodes



After a few days, a rash often develops. The rash starts as flat, red bumps, which can be painful. Those bumps turn into blisters, which fill with pus. Eventually, the blisters crust over and fall off — the whole process can last two to four weeks. You can also get sores in your mouth, vagina or anus.

Not everyone with monkeypox develops all of the symptoms. In fact, in the current (2022) outbreak, many cases aren't following the usual pattern of symptoms. This atypical presentation includes only a few lesions, no swollen lymph nodes, less fever and other signs of illness. You can have it and not know it. But even if you don't show any signs of infection, you can still spread it to others through prolonged close contact.

DIAGNOSIS

The sample is taken from open sore and PCR done.

MANAGEMENT

As it is a self-limiting disease most symptoms will resolve in two to four weeks. There's currently not an approved antiviral treatment for monkeypox.

PREVENTION

Prevention depends on decreasing human contact with infected animals and limiting person-to-person spread. The best way to help prevent the spread of the monkeypox virus is to:

- Avoid contact with infected animals (especially sick or dead animals)
- Avoid contact with bedding and other materials contaminated with the virus.
- thoroughly cook all foods that contain animal meat or parts.
- Wash your hands frequently with soap and water.
- avoid contact with people who may be infected with the virus.
- practice safe sex, including the use of condoms.
- Wear a mask that covers your mouth and nose when around others.
- Clean and disinfect frequently touched surfaces.
- Use personal protective equipment (PPE) when caring for people infected with the virus.