

Monkeypox

Monkeypox is a viral zoonotic disease that occurs primarily in tropical rainforest areas of Central and West Africa and is occasionally exported to other regions.

Smallpox and monkeypox



- In humans, the symptoms of monkeypox are similar to but milder than the symptoms of smallpox.

Symptoms



- Fever
- Exhaustion
- Back and muscle pain
- Headache
- Swollen lymph nodes
- Skin rash which usually begins within 1-3 days of fever

Prevention of Transmission

Animal to human



- Avoid contact with alive or dead infected animals
- Cook meat properly before eating
- Avoid touching any object that have been in contact with sick animal

Human to human



- Avoid contact with any person with monkeypox symptoms including skin rash
- Avoid contact with any object that has been in contact with a sick person
- Wear gloves and protective clothing when taking care of sick patients

Prevention of transmission



- Ensure good hygiene by washing your hands for at least **20** seconds with soap and water or using an alcohol-based hand sanitizer

Monkeypox High Risk Groups Include



- Young children
- Pregnant women
- Immunosuppressed people

Symptoms Duration



- The interval from the infection to the onset of symptoms from **5 to 21** days
- Monkeypox symptoms can last from **2-4** weeks.

Transmission

Animal to human



Monkeypox virus is mostly transmitted to people from wild animals through direct contact with blood, body fluids, cutaneous or mucosal lesions of an infected animal or eating its insufficiently cooked meat.

Human to human



Monkeypox virus transmission from one person to another is limited. However, it can transmit by close contact with lesions, body fluids, respiratory droplets and contaminated materials such as bedding.

If you face any of monkeypox symptoms, visit the nearest healthcare facility under Emirates Health Services or call **8008877** for more information.

Treatment



- Most cases resolve on their own and symptoms usually go away within **2 to 4** weeks
- Symptomatic supportive care is considered

Remember:

- **Avoid spreading rumors about monkeypox and seek information from official channels.**
- **The risk of getting infected is minimal as transmission requires close contact with the infected person or animal.**

