



MINISTRY OF HEALTH



# MONKEYPOX

Monkeypox is a viral infection that is spread by animals. Monkeypox presents with symptoms very similar to those seen in the past with smallpox, although it is clinically less severe.

Monkeypox is endemic to certain countries in West and Central Africa, with thousands of infections reported annually. The present concern is that recently, the world has seen many outbreaks in non-endemic countries, including in individuals with no recent travel history to endemic regions. It is named so because it was first discovered in monkeys.

There are two known strains of Monkeypox – the current strain circulating internationally is the West African strain, which has a lower risk of death (1-3%).

## What are the symptoms?

Symptoms usually begin 7-14 days after exposure to the virus. This can be as short as 5 days or as long as 21 days.

Monkeypox usually begins with:

- A rash that usually starts in the face
- Fever
- Headache
- Muscle aches
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion

## How is monkeypox treated?

The illness usually lasts for 2-4 weeks and is mild. Some patients may need simple pain medicines and oral fluids, with a health care professional monitoring their health. A few patients may need supportive management such as intravenous fluids and medicine to control fever or pain. There are some medications available that may assist in treatment of people with severe illness. Severe cases may need intensive care.