



## SELF-ISOLATION IN A HOME SETTING

Patients who do not require hospitalization or may not have access to an isolation facility may be isolated at home using the below protective measures:

- Persons with suspected/confirmed monkeypox should not leave the home except as required for medical reasons.
- Hand washing with soap and water should be performed by infected persons and contacts after touching lesion material
- Persons with extensive lesions that cannot be easily covered (excluding facial lesions), e.g. cough, sore throat, and runny nose should be isolated in a room from other family members where possible
- Visitors should be avoided during the period of isolation
- Pets should be excluded from the ill person's environment
- As much as possible the isolated person should not share toilet bathroom facilities



MINISTRY OF HEALTH

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# MONKEY POX



## WHAT IS MONKEY POX?

Monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms very similar to those seen in the past in smallpox patients, although it is clinically less severe. Monkeypox which is usually associated with travel to Central and West Africa is presently being reported in other countries.

Cases have mainly but not exclusively been identified amongst men who have sex with men (MSM) seeking care in primary care and sexual health clinics

## 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 PREVENTED?

There are a number of measures that can be taken to prevent infection with monkeypox virus:

- ✓ People who have monkeypox should self-isolate from others until the rash is fully resolved
- ✓ Practice good hand hygiene after contact with people with monkeypox. For example, washing your hands with soap and water or using an alcohol-based hand sanitiser.
- ✓ Use personal protective equipment (PPE) around people infected including masks and gloves
- ✓ Avoid contact with any materials, such as bedding and towels, that have been in contact with an infected person

## 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.

