

What to look for?

Symptoms

Initial symptoms include:

- Fever
- Headaches
- Muscle Aches
- Swelling of lymph nodes
- Backpain

After 1-3 days of exposure patients are likely to develop a rash which often starts on the face before spreading to other parts of the body.

The rash can cause severe itching before lesions scab and fall off.

Infection can last between 2-4 weeks and usually heals on its own.

Monkeypox

What is monkeypox?

Monkeypox is a rare disease, typically confined to Africa, that is caused by the monkeypox virus. It belongs to the same family of viruses that cause smallpox, but symptoms are usually less severe.

Transmission to humans can occur through contact with an infected animal or human, or with human bodily material containing the virus. The virus enters the body through broken skin, the respiratory tract or the mucous membranes. It can also enter the body through bodily fluids, lesion material, or indirect contact with lesion material.

Human-to-human transmission is usually rare and mostly occurs through large respiratory droplets. As droplets cannot travel far, prolonged face-to-face contact is needed. It can also be transmitted by direct contact with body fluids of an infected person or with contaminated objects, such as bedding or clothing. High risk activities include having face-to-face exposure with a positive case, e.g. health care workers without respiratory protection; direct physical contact with skin or skin lesions, including sexual contact; or contact with contaminated materials such as clothing, bedding or utensils.

Over the past few weeks an increasing number of cases of monkeypox have been identified within several European countries, as well as in the US, Canada and Australia.

What are the symptoms of monkeypox?

The symptoms of monkeypox often begin with a combination of the following symptoms: **Fever, Headache, Chills, Exhaustion, Lymph node swelling, Back pain and Muscle aches**. Commonly, within one to three days after onset of fever, the patient develops a **rash**, which tends to first appear on the face and then spreads to other parts of the body, including hands, feet and genitals.



<https://www.livemint.com/science/health/rare-monkeypox-detected-in-uk-check>

https://www.who.int/health-topics/monkeypox#tab=tab_1

[-symptoms-treatment-and-other-details-11652176430457.html](#)

Typical lesions forming on different skin types

What can I do to avoid being infected?

Individuals can reduce their risk of infection by limiting close and direct physical contact with people who are unwell, especially if they have suspected or confirmed monkeypox infection. It is always important to maintain good hand hygiene and regularly clean your hands with soap and water or an alcohol-based hand rub, especially after contact with someone who has symptoms.

What should you do if you develop symptoms?

Should anyone develop such symptoms, especially if they are aware of having had contact with someone who was positive for monkeypox, or if they have a recent history of travel abroad including to a monkeypox endemic country¹ in the 21 days before symptom onset, they should seek medical help immediately by contacting their GP/health centre for proper guidance. It would be sensible to call your GP/health centre ahead and let them know your concerns before going to the clinic to avoid risk of spread. One should avoid using public transportation and having direct contact with others until cleared by a medical professional.

Basic hygiene such as washing, and sanitizing hands would be beneficial to minimize spread.

^[1] Monkeypox endemic countries are: Benin, Cameroon, the Central African Republic, the Democratic Republic of the Congo, Gabon, Ghana (identified in animals only), Ivory Coast, Liberia, Nigeria, the Republic of the Congo, Sierra Leone, and South Sudan