

Monkeypox

What is Monkeypox?

- Monkeypox is a rare disease that is caused by infection with the monkeypox virus. Monkeypox was first discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research, hence the name ‘monkeypox.’

How is Monkeypox spread?

- Monkeypox virus is spread when a person comes into contact with the virus from an animal, human, or materials contaminated with the virus. Animal-to-human transmission may occur by bite or scratch, meat preparation, or direct contact with body fluids. Human-to-human transmission is thought to occur through large breathing fluid droplets that required direct contact with face-to-face interaction. Monkeypox is also in the same family as smallpox.

What are the signs and symptoms of monkeypox?

- In humans, the symptoms of monkeypox are similar to but milder than the symptoms of smallpox. Monkeypox begins with fever, headache, muscle aches, and exhaustion. The main difference between the symptoms of smallpox and monkeypox is that monkeypox causes lymph nodes to swell while smallpox does not.
- The illness begins with:
 - Fever
 - Headache
 - Muscle aches
 - Backache
 - Swollen lymph nodes
 - Chills
 - Exhaustion
 - Rash
- The illness typically lasts for 2-4 weeks



Prevention

- Avoid contact with animals that could have the virus.
- Practice good handwashing with soap and water.
- Isolate infected patients from others who could be at risk for infection.

Treatment

- Currently, there is no proven, safe treatment for monkeypox virus infection. For purposes of controlling a monkeypox outbreak in the US, smallpox vaccines and antivirals can be used.

Source: <https://www.cdc.gov/poxvirus/monkeypox/index.html>