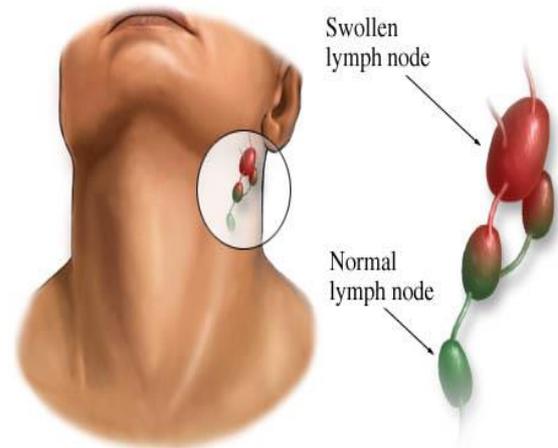


MONKEY POX



Monkey pox is a rare viral disease. It's symptoms in humans are similar to those seen in smallpox patients in the past, although less severe. It is primarily transmitted through contact with wild animals. However, it can be contagious, and easily spread amongst humans. It is transmitted through the ingestion of poorly cooked bush meat and other red meat etc. It can also be transmitted through contact with an infected person's body fluids like nasal secretions & droplets, mucous membranes, beddings, clothing, as well as through handshakes. Vaccination against smallpox has been proven to be 85% effective in preventing monkey pox, although small pox was eradicated in 1980; and so, vaccines are not readily available.

SIGNS AND SYMPTOMS

- Fever
- Headaches
- Muscle aches
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Within 1 to 3 days (sometimes longer) after the appearance of fever, the patient develops a rash, often beginning on the face then spreading to other parts of the body.

PREVENTION AND TREATMENT

- There are no specific treatments or vaccines available for monkey pox infection, but outbreaks can be controlled.
- Close physical contact with monkey pox infected people should be avoided.

- Gloves and protective equipment should be worn when taking care of infected people and their beddings
- Gloves and other appropriate protective clothing should be worn while handling sick animals or their infected tissues
- Appropriate and protective clothing should also be worn during slaughtering procedures.
- Regular hand washing should be carried out after caring for or visiting sick people.
- Avoid handshakes or other forms of contact.



- In order to reduce the risk of animal to human transmission, efforts to prevent transmission in endemic regions should focus on thoroughly cooking all animal products (bush meat) before eating.
- Avoid consumption of bush meat and meat from dead animals

In case of suspected cases of Monkey pox in Lagos, the State Ministry of Health should be notified through the following mobile lines: 08037170614 and 09087106072