



## Department of Public Relations Chandigarh Administration




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### Advisory For Monkeypox

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Monkeypox (Mpox) is a viral zoonotic disease that occurs primarily in tropical rainforest areas of Central and West Africa and is occasionally exported to other regions. It does not spread from monkeys. It is called Monkeypox because it was first isolated from a monkey in Africa.

The reservoir of virus are rodents of Central and West Africa.

Monkeypox typically presents clinically with fever & rash. Suspected cases include people with an otherwise unexplained rash who have travelled, in the last 21 days, to a affected country that had recently confirmed or had suspected cases of Mpox or contact with a person or people with confirmed or suspected Mpox.

As on date cases of Monkey pox have been reported from South Africa, Kenya, Rwanda, Uganda, Democratic Republic of Congo, Burundi, Central African Republic, Congo Brazzaville, Cameroon, Nigeria, Ivory Coast & Liberia.

Currently, no case has been reported in India so there is no need to panic. Monkeypox is usually a self-limiting disease (gets better without treatment) with the symptoms lasting from 2 to 4 weeks.

Animal-to-human transmission may occur by bite/scratch from African rodents,

bush meat preparation (Meat of African wild animals as food), direct contact with

body fluids or lesion material, or indirect contact with lesion material, such as through contaminated bedding.

An infected person may transmit the disease from 1-2 days before appearance of the rash and remain contagious till all the scabs fall off.

Diagnosis: -

Mpox is diagnosed by PCR test for monkeypox virus (MPXV) on a viral swab taken from one or more vesicles or ulcers.

There are 22 labs for Mpox in India which includes NCDC, New Delhi & AIIMS, Delhi and there are 13 buffer labs; PGIMER, Chandigarh being one of them.

Treatment:-

There is currently no specific treatment approved for Monkeypox (Mpox). Treatment for most people with Mpox is aimed at relieving symptoms. Care may include managing skin damage from the Mpox rash, drinking enough liquids to help keep stool soft, and pain management with pain killers.

Do's and Don'ts for General Public: -

If anyone has fever, headache, muscle ache, rash (on face, feet, genitalia or perianal), swollen lymph nodes, he/she must self-isolate and get check-up done at nearest health facility.

Practice good hand hygiene after contact with infected animals or human.

Wash your hands with soap water or use alcohol-based sanitizer.

If anyone has travelled to monkey pox affected countries, he/she must self- isolate in a separate room away from family & pets for 21 days and watch for symptoms. In case any symptoms as detailed above appear he/she must report to a doctor immediately.

Avoid close contact with persons having fever, rash and swollen lymph nodes or person who have travelled to and come back from countries where cases of monkey pox have been reported.



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