

THE MENACE OF MONKEYPOX

What you need to know about Monkeypox outbreak:

WHAT IS THE CAUSE

Monkeypox virus (MPXV) is an orthodox virus that causes human Monkeypox (MPX), a viral disease with symptoms in humans similar to that seen in smallpox.

The incubation period for Monkeypox varies from 7-14 days and up to 21 days in some cases.

HOW IT IS SPREAD

Animal to human either through an animal bite or by direct contact with an infected animal's bodily fluids and

Human to human either airborne (respiratory) or contact with infected person's bodily fluids.

SYMPTOMS

Symptoms of Monkeypox are similar to but milder than those of smallpox.

They include;

- Headache
- Muscle aches
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion

TREATMENT

At this time, there are no specific treatments available for Monkeypox infection, but Monkeypox outbreaks can be controlled.

Smallpox vaccine, cidofovir, ST-246, and vaccinia immune globulin (VIG) can be

used to control a Monkeypox outbreak. CDC guidance was developed using the best available information about the benefits and risks of smallpox vaccination and drug use for the prevention and management of Monkeypox and other orthopoxvirus infections.

PREVENTION

- Avoid sharing a room, bed, utensils or personal clothing of an infected person.
- Avoid direct contact with infected persons.
- Avoid eating bush meats especially monkeys, squirrels or their species
- Always adopt good hygiene by washing hands with clean and soapy water.
- Use hand sanitizers when necessary
- Restrict movement to and fro regions where outbreak has been recorded.

Implication of these epidemics to FRSC Staff

FRSC has Operational bases in all these States where the incidences of Monkeypox have been reported, therefore we need to observe Universal precautionary measures during our patrols, rescue activities and tidy our home environments.

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