



What you need to know about **MONKEY POX**



1. WHAT IS IT?

A rare disease caused by the monkeypox virus.

2. HOW IS IT SPREAD?

The current outbreak is mainly spread by close/intimate human to human contact and in non-endemic countries (outside of West and Central Africa)

- **Human to human:** close contact with sores, bodily fluids, or contaminated surfaces, e.g., bed linen or clothing.
- **Animal to human:** close contact, consuming infected meat, bites, scratches, or bodily fluids.

3. WHERE WAS IT FIRST SPOTTED?



West and Central Africa.

INTERESTING FACT !

Although the monkeypox virus was first discovered in monkeys, it is mainly spread by rodents.

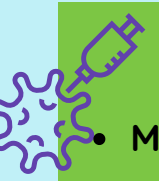


4. SIGNS & SYMPTOMS


- A rash develops 1-3 days after the appearance of a fever and can spread from the face to the rest of the body.
- Exhaustion
- Backache
- Swollen lymph nodes
- Muscle aches
- Chills
- Headache



5. TREATMENT

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- Monkeypox usually resolves on its own within 2-4 weeks.
 - There is no cure, but there are medications that can help manage symptoms in severe cases.

6. PREVENTION

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- Wash hands regularly and maintain good respiratory hygiene.
 - Disinfect frequently used surfaces and objects.
 - Avoid unnecessary contact with others.
 - Avoid contact with animals that can harbour the virus, and avoid eating inadequately cooked meat.
 - Use PPE when dealing with animal and bodily fluids.

IF YOU HAVE A NEW UNEXPLAINED RASH, SORES, OR ANY SYMPTOMS MENTIONED, PLEASE CONTACT YOUR HEALTHCARE PROVIDER.



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Information compiled: June 2022

