

## Monkey Pox

Monkeypox, is a rare disease that belongs to the Orthopoxvirus group, it can be transmitted from animals to humans, and between humans. Most infections occur in remote areas of the tropical forest of Central and West Africa. However, cases have recently been reported in United States and Puerto Rico.

### Transmission Mode

Transmission from animals to humans can occur in the following ways:

- If an infected animal bites or scratches a human.
- If the human has direct or indirect contact with blood, mucous membranes, body fluids or with lesions on the animal's skin.
- During the handling and preparation of meat from hunt animals.

Human to human infections occur through contact with respiratory secretions, skin lesions, or by touching objects of an infected person. Droplets from the respiratory track can only travel a short distance, so prolonged direct contact with an infected person is required for infection to occur.

### Symptoms

The condition manifestation will vary according to the period of infection and can be divided into two:

- The invasion period occurs between days 1 to 5 and causes fever, headache, swollen lymph nodes, lower back pain, muscle pain and lack of energy.
- The skin rash period occurs between 1 and 3 days after the onset of fever, affecting the face, eyes, mouth, hands, soles of the feet, and genitals.



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- Rashes can be flat or slightly raised, filled with clear or yellowish fluid, which can then crust over, dry up, and fall off.
- The incubation period is usually 5 to 13 days but can be up to 21 days; and symptoms usually last between two and four weeks.

### Treatment



In some cases, the symptoms go away on their own without treatment. At the moment, there is no specific treatment, but antivirals developed to treat smallpox patients may be of benefit.

### Prevention

- Wear a mask.
- Wash your hands frequently.
- Get vaccinated against smallpox.
- Avoid being in contact with sick people and animals.
- Avoid eating undercooked meat from wild animals.
- If you think your symptoms are similar to monkeypox, contact your doctor.



### Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Healthcare

787-641-9133

### References:

<https://www.salud.gov.pr/CMS/379>

<https://www.who.int/es/news-room/fact-sheets/detail/monkeypox>

<https://kidshealth.org/es/parents/monkeypox.html>