

MEDICAL BULLETIN
AUGUST 2022

MONKEYPOX

Monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients. Monkeypox is caused by infection with monkeypox virus. It was first seen in humans in 1970 in the Democratic Republic of Congo

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FAQS

Q: What are the symptoms of Monkeypox?

- Fever 1-3 days before rash
- Rashes often appear to be in **one stage** of development
- Rash development is slow
- Rashes are more dense on the **face**; may also include the palms and soles
- lymphadenopathy is present

Q: How is the Monkeypox virus transmitted to humans?

The virus can spread from person-to-person through:

- **Direct contact** with the infectious rash, scabs, or body fluids.
- **Respiratory secretions** during prolonged face-to-face contact, or during intimate physical contact, such as kissing, cuddling or sexual intercourse
- **Touching items** (such as clothing or linens) that previously touched the infectious rash or body fluids.
- Pregnant people could spread the virus to their fetus through the **placenta**



FAQS

Q: How is Monkeypox detected?

- History and Physical Examination of the physician
- Detection of viral DNA by polymerase chain reaction (PCR) is the preferred laboratory test for monkeypox. The best diagnostic specimens are directly from the rash – skin, fluid or crusts, or biopsy where feasible.

Q: How is Monkeypox prevented?

- 1.Reduce the risk of catching monkeypox by limiting close contact with people who have suspected or confirmed monkeypox, or with animals who could be infected.
- 2.Clean and disinfect environments that could have been contaminated with the virus from someone who is infectious regularly.
- 3.Consistently adhere to the same health protocols as for COVID-19.
- 4.Wear the best-fitted mask
- 5.Ensure good airflow
- 6.Keep hands clean
- 7.Keep physical distance
- 8.Frequent handwashing/ use of alcohol-based sanitizer



Monkeypox

Overview of Disease Progression

Incubation Period	Febrile Stage	Rash Stage	Recovery
<ul style="list-style-type: none">• 5-21 days duration• Asymptomatic stage• Viremia at the end of the incubation period	<ul style="list-style-type: none">• Duration: 1-4 days• Fever (38.3 deg C)• Other signs and symptoms: lymphadenopathy, chills, sore throat, malaise, fatigue• Viremia• Enanthem appears toward the end	<ul style="list-style-type: none">• Duration: 2-4 weeks• May still have viremia on its early stage• Virus is present in the skin lesions• Antibodies are produced and become detectable	<ul style="list-style-type: none">• Days to weeks• Specific antibodies present in the blood• Scars may remain

Enanthem Through the Scab Stage

Stage	Duration	Characteristics
Enanthem		<ul style="list-style-type: none">• The first lesions to develop are on the tongue and in the mouth.
Macules	1-2 days	<ul style="list-style-type: none">• Following the enanthem, a macular rash appears on the skin, starting on the face and spreading to the arms and legs and then to the hands and feet, including the palms and soles.• The rash typically spreads to all parts of the body within 24 hours becoming most concentrated on the face, arms, and legs (centrifugal distribution).
Papules	1-2 days	<ul style="list-style-type: none">• By the third day of rash, lesions have progressed from macular (flat) to papular (raised).
Vesicles	1-2 days	<ul style="list-style-type: none">• By the fourth to fifth day, lesions have become vesicular (raised and filled with clear fluid).
Pustules	5-7 days	<ul style="list-style-type: none">• By the sixth to seventh day, lesions have become pustular (filled with opaque fluid) – sharply raised, usually round, and firm to the touch (deep seated).• Lesions will develop a depression in the center (umbilication).• The pustules will remain for approximately 5 to 7 days before beginning to crust.
Scabs	7-14 days	<ul style="list-style-type: none">• By the end of the second week, pustules have crusted and scabbed over.• Scabs will remain for about a week before beginning to fall off.

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html>

Clinical Manifestations

Key Characteristics for Identifying Monkeypox

- Lesions are well circumscribed, deep seated, and often develop umbilication
- Lesions are relatively the same size and same stage of development on a single site of the body
- Fever before rash
- Lymphadenopathy common
- Disseminated rash is centrifugal (more lesions on extremities, face)
- Lesions on palms, soles
- Lesions are often described as painful until the healing phase when they become itchy (crusts)



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Genital Lesions in Patients with Monkeypox

In cases reported beginning in May 2022, it was noted that some patients may present with proctitis or with lesions located on the genital or perianal area alone.

