

Ongoing Outbreak of Monkey Pox Virus

Tanishka

The cases for the Monkeypox virus are increasing daily in many areas, and many deaths are also being reported in a shorter span of time. This article deals with the ongoing outbreak of monkeypox virus (zoonotic) that belongs to the genus orthopoxvirus, which was confirmed in May, 2022 and has similar symptoms as of smallpox but is less contagious and less severe illness than smallpox. The article also deals with its signs and symptoms, diagnosis, prevention, and treatment.

Access this article online**Website:**

www.cijmr.com

Keywords:

monkeypox virus,
smallpox virus,
transmission, zoonotic
disease

10.58999/cijmr.v2i01.41

Q1. What is the Monkeypox virus?

Monkeypox belongs to the orthopoxvirus genus. This virus can be transmitted from animals to humans (zoonotic disease). It is similar to smallpox but less contagious than smallpox and also causes less severe illness. It was first found to affect the animals. It was detected in the tropical areas of Africa.

Q2. How is it transmitted?

From animals to humans- when in close contact, it can be transmitted through blood, body fluids. It is most likely to spread from infected rodents.

From human to human- when in contact with an infected person, it is transmitted through skin-to-skin contact and through respiratory droplets.

Q3. Signs and Symptoms of the Monkeypox Virus

It shows flu-like symptoms and rashes all over the body. Fever, chills, headache, fatigue, muscle pain, and swollen lymph nodes.

Blister formation indicates monkeypox, which in turn fill with pus in the next few days and are painful. This can also lead to mouth, vagina, and anus sores. The blisters fall off in 4-5 weeks on their own.

Q4. Infection and incubation period of the Monkeypox virus

The incubation period of the monkeypox virus is around 1 to 2 weeks.

The infection period basically starts with the incubation period. The appearance of the first symptom may take 5 to 21 days.

Q5. First outbreak of Monkeypox virus

First outbreak was in 2003 in US. The infection spread from sick rodents who were transported from Ghana and passed the infection to local prairie dogs, which further transmitted the infection to their owners.

First human case of the monkeypox virus was detected in 1970 in the Democratic Republic of Congo.

By June 17, 2022, there were over 2,000 cases and 1 death globally.

The first case in India was detected in Ghaziabad, Uttar Pradesh in a 5-year-old girl.

Q6. Detection and Diagnosis of Monkeypox Virus

Since all the signs and symptoms are nearly similar to measles or chickenpox, swollen lymph nodes can be used as a diagnostic criterion for the detection of monkeypox virus.

Guangzhou Medical University, Guangzhou, China

Correspondence to: Tanishka, Guangzhou Medical University, Guangzhou, China. E-mail: Tanishka.balotiya@gmail.com

Submitted: 07/07/2022

Revision: 05/10/2022

Accepted: 12/03/2023

Published: 20/05/2023

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

How to cite this article: Tanishka. Ongoing Outbreak of Monkey Pox Virus . Central India Journal of Medical Research. 2023;2(1):37-38.

The biopsy of the open sore is done, and a routine blood test is done to check for immunity and antibodies in the body.

Q7. Prevention and Treatment of Monkeypox Virus

There is no approved drug for monkeypox yet. Several antibiotics can be given to relieve secondary infections if they arise. Regular health monitoring can be done. Usually, this disease can be cured by itself in about 2 to 4 weeks. A smallpox vaccine also provides protection against the monkeypox virus.

Preventive measures should be taken, such as:

- Avoid eating uncooked meat or animal parts.
- Washing of hands before and after meals with soap and water.
- The practicing of safe sex, use of condoms and dental dams.
- Wear a mask when in public.
- Avoid too many crowded places and gatherings.
- Frequently touched surfaces should be cleaned properly.
- Avoid contact with infected animals.

References

1. WHO *Weekly Bulletin on Outbreaks and Other Emergencies*, Week 26 2018 (2018). Available online at: <http://apps.who.int/iris/bitstream/handle/10665/272981/OEW26-2329062018.pdf>
2. Centers for Disease Control and Prevention. Monkeypox in Nigeria. 2019. [cited 2019 Sep 15]. <https://wwwnc.cdc.gov/travel/notices/watch/monkeypox-nigeria>
3. Centers for Disease Control and Prevention. Monkeypox—transmission. 2015. [cited 2019 Sep 3]. <https://www.cdc.gov/poxvirus/monkeypox/transmission.html>
4. Technical Advisory Group on Human Monkeypox *Report of a WHO Meeting: World Health Organization*. (1999). Available online at: http://apps.who.int/iris/bitstream/handle/10665/65998/WHO_CDS_CSR_APH_99.5.pdf?sequence=1&isAllowed=y.
5. Centers for Disease Control and Prevention. 2003 United States outbreak of monkeypox. 2018. [cited 2019 Aug 17]. <https://www.cdc.gov/poxvirus/monkeypox/outbreak.html>
6. WHO *Monkeypox in Central African Republic*. (2016). Available online at: <http://www.who.int/csr/don/13-october-2016-monkeypox-caf/en/>
7. CDC *About Monkeypox*. (2015). Available online at: <https://www.cdc.gov/poxvirus/monkeypox/about.html>
8. Breman JGR, Steniowski K, Zanolto MV, Gromyko E, Arita AI. *Human Monkeypox 1970-1979.: World Health Organization*. (1980). Available online at: http://apps.who.int/iris/bitstream/handle/10665/67095/WHO_SE_80.153.pdf?sequence=1&isAllowed=y