



Disease Tool 25 Monkeypox

Transmission

- Touching the blood, faeces, urine, vomit, spit, semen, or sores of infected animals (mainly monkeys, prairie dogs, rats and squirrels)
- Touching household items that are contaminated (for example, bedding)
- Through a bite or scratch by an infected animal
- Through preparing or eating infected bush meat that is not cooked thoroughly
- Breathing in droplets from a sick person (requires close, face-to-face contact for a long time)

Symptoms

- Fever, strong headache, swelling or painful lumps in neck, groin or underarms, back pain, muscle aches, feeling tired
- A rash, usually starting on the face and then spreading to hands, feet and other parts of the body

Prevention

- Avoid hunting or eating small bush mammals.
- Avoid touching sick or dead animals and objects that might be contaminated by their faeces.
- Immediately quarantine animals that are potentially sick with monkeypox.
- Avoid consuming uncooked meat.
- Wash hands with soap after caring for or visiting sick people, and after handling or slaughtering sick animals.
- Implement social mobilization and behaviour change communication.

If an epidemic occurs

- Identify suspected monkeypox cases rapidly and refer them to health facilities.
- Trace contacts and follow them up.
- Increase social mobilization and behaviour change communication.
- Give a pre-exposure smallpox vaccination to high-risk groups.
- Avoid contact with persons infected by monkeypox.
- Encourage people to wash hands with soap after caring for or visiting sick people, and after handling or slaughtering sick animals.
- Use personal protective equipment (gloves, masks, clothing) when taking care of sick people.
- Disinfect reusable supplies that are used to care for or treat sick people.
- Encourage people not to hunt or eat small bush mammals.
- Instruct people to avoid touching sick and dead animals and objects that might be contaminated by their faeces.
- Instruct people not to consume uncooked meat.

Vulnerable people

- Children and young adults
- Hunters

Volunteer actions

See the following action tools for more information on how to take action against monkeypox:



Community-based assessment

Make a map of the community and mark the information you gather on the map. Record other details.

- When did people start to fall sick with monkeypox?
- How many people have fallen sick with monkeypox? Where?
- How many have died? Where?
- Who and where are the vulnerable people?
- Who is most affected by monkeypox?
- How many people live in the affected community or area? How many children under 5 years of age live in the area?
- Which people in the community have contact with monkeys and small animals and eat their meat? Are there bushmeat markets in the area?
- What are the community's habits, practices and beliefs about handling and slaughtering animals, especially animals that are sick or dead?
- Do people cook bushmeat thoroughly before eating it?
- Are there handwashing facilities in the community, and at animal and bushmeat markets? Are soap and water always available?
- Where are the local health facilities and services? (Include traditional and community carers from whom people seek advice.)
- What are the community's habits, practices and beliefs about caring for and feeding sick people?
- Is a social mobilization or health promotion programme in place?
- Which sources of information do people use most?
- Are rumours or is misinformation about monkeypox spreading in the community?