

Material for Awareness Campaign
IEC Material Developed for Public Awareness



WHAT IS MONKEYPOX?

IT IS A VIRAL INFECTION THAT IS TRANSMITTED FROM AN INFECTED PERSON TO ANOTHER PERSON THROUGH DIRECT CLOSE CONTACT OR WITH CONTAMINATED MATERIALS.



MPOX SIGNS AND SYMPTOMS



FEVER



HEADACHE,
MUSCLES AND
BACK ACHE



LOW ENERGY
OR FATIGUE



SWOLLEN
LYMPH NODES



SKIN RASH
AND LESIONS

MPOX TRANSMISSION



CONTACT WITH
SKIN LESIONS



CLOTHES/ITEMS
USED BY PATIENT



RESPIRATORY
DROPLETS OF PATIENT



CLOSE PHYSICAL
CONTACT WITH PATIENT

MPOX PREVENTION



WASH HANDS WITH
SOAP AND WATER
FOR 30 - 60 SECONDS



WASH PATIENT'S
USED CONTAMINATED
ITEMS WITH SOAP
AND HOT WATER



WEAR A
PPE/FACE
MASK PROPERLY



AVOID CLOSE
PHYSICAL/INTIMATE
SKIN-TO-SKIN
CONTACT



DESIGNATE AN
ISOLATED AREA
FOR PATIENTS

**IF YOU ARE EXPERIENCING ANY OF THE ABOVE SYMPTOMS, PLEASE CONTACT
DR NASEEM AKHTER, HOD INFECTIOUS DISEASE AT 0334-5476759**



منکی پوکس کیا ہے؟

یہ وائرل انفیکشن متاثرہ انسانوں سے دوسرے انسانوں میں براہ راست تعلق یا مریض کے استعمال شدہ اشیاء سے بھی منتقل ہوتا ہے۔

ایم پوکس کی علامات



جسم میں گلتیاں
(swollen lymph nodes)



جلد پر مختلف جگہ
دھبے، دانے یا پھوڑے



کمزوری یا
تھکاوٹ



سر، پٹھوں اور
کمر میں درد



بخار

ایم پوکس کیسے پھیلتا ہے



مریض سے قریبی
جسمانی تعلق



مریض کے کھانسنے
یا چھینکتے وقت
(respiratory droplets)



مریض کے استعمال
شدہ کپڑوں یا اشیاء
چھونے سے
(contaminated materials)



پھوڑے یا اسکی
رطوبت/سیال کو
چھونے سے
(contact with skin lesions)

ایم پوکس سے کیسے محفوظ رہ سکتے ہیں



متاثرہ مریض کو
علیحدہ جگہ میں
رکھیں



مریض کے ساتھ قریبی
جسمانی تعلق سے
گریز کریں



مریض کی دیکھ بھال
کرتے وقت
ماسک/ PPE یا
درست استعمال کریں



مریض کے استعمال شدہ
کپڑے گرم پانی اور صابن
سے دھوئیں



صابن اور پانی سے 30 سے
60 سیکنڈ تک
مریض/ بیماردار صحیح
طریقے سے بار بار ہاتھ دھوئیں

علامات ظاہر ہونے کی صورت میں فوری رابطہ کریں

ڈاکٹر نسیم اختر بیڈ آف ڈیپارٹمنٹ متعدی بیماریاں 0334-5476759

Visit to Airports



WHO Teams visiting Islamabad International Airport to distribute Flyers for information



Monkey Pox Case Definitions

MONKEYPOX CASE DEFINITIONS



Monkeypox Case Definitions

Viral infection, caused by a virus of the Orthopoxvirus genus related to smallpox.

1. Suspected Case

A passenger of any age presenting in a monkeypox non-endemic country with an unexplained acute rash and one or more of the following signs or symptoms, since 15 March 2022:

- Headache
- Acute onset of fever ($>38.50\text{C}/101.3\text{F}$)
- Lymphadenopathy (swollen lymph nodes)
- Myalgia (muscle pain/body aches)
- Back pain
- Asthenia (profound weakness)

And for which common causes of acute rash do not explain the clinical picture: varicella zoster, herpes zoster, measles, herpes simplex, bacterial skin infections, disseminated gonococcus infection, primary or secondary syphilis, chancroid, lymphogranuloma venereum, granuloma inguinale, molluscum contagiosum, allergic reaction (e.g. to plants), etc.

2. Probable Case

A person meeting the case definition for a suspected case and one or more of the following:

- has an epidemiological link (face-to-face exposure, including health care workers without appropriate PPE; direct physical contact with skin or skin lesions, including sexual contact; or contact with contaminated materials such as clothing, bedding or utensils) to a probable or confirmed case of monkeypox in the 21 days before symptom onset
- reported travel history to a monkeypox endemic country in the 21 days before symptom onset
- has had multiple or anonymous sexual partners in the 21 days before symptom onset
- has a positive result of an orthopoxvirus serological assay, in the absence of smallpox vaccination or other
- known exposure to orthopoxvirus
- is hospitalized due to the illness

3. Confirmed Case

A case meeting the definition of either a suspected or probable case.

AND laboratory confirmed for monkeypox virus by detection of unique sequences of viral DNA either by real-time polymerase chain reaction (PCR) and/or sequencing

Infection Prevention & Control

Ensure strict adherence to hand hygiene after examination of suspected passenger and cleaning and disinfection of environmental surfaces with 1000 ppm chlorine solution.

Isolation:

- Designate an isolation area for the suspected cases
- Ensure all the IPC measures are taken

Referral:

- Designate staff and train them to safely transport the suspected cases to the designated HCF
- Equip the referral staff with all necessary items (PPE, sanitation etc)



NOTE: Please inform Infection Prevention & Control focal person / team immediately if you suspect any case of Monkeypox.



World Health
Organization



Department of Health,
Government of Karnataka,
Bengaluru



No.F.1-22/Advisory/CDC/2024

Centers for Disease Control

National Institutes of Health, Islamabad

Ministry of National Health Services, Regulations & Coordination

Phone: (92-051) 9255237 Fax: (92-051) 9255099

National Focal Point for International Health Regulations

15th August 2024

Subject: **Advisory on the Unprecedented Multi-country Mpox Outbreak in Non-Endemic Countries**

Recently, a rapid spread of new clade of Mpox cases has been observed in eastern DRC, neighboring countries that had not previously reported Mpox. Currently, this disease has been reported in all WHO regions including 122 countries with a total of 99,518 confirmed cases and 208 deaths till date. While in Pakistan, a total of 11 cases with 01 death has been reported since first cases detected in April, 2023. World Health Organization has declared Mpox as the Public Health Emergency of International Concern (PHEIC) on 14 August 2024. It is worthwhile to mention here that Mpox has previously been declared PHEIC in 2022 by WHO.

Objectives:

This advisory aims to provide global and country-wide situation of mpox disease, to facilitate and provide directions for all the relevant stakeholders on prevention, early detection and response to Mpox.

Background:

Mpox is a rare viral zoonotic disease that is caused by infection with Mpox virus. Although natural reservoir of Mpox remains unknown however, African rodents and non-human primates (like monkeys) may harbor the virus and infect people. The patient develops a rash within 1 to 3 days after the appearance of fever, often beginning on the face then spreading to other parts of the body. Lesions progress through these stages before falling off: Macules→Papules→Vesicles→Pustules→Scabs. Other symptoms include headache, muscle aches, exhaustion and lymphadenopathy. The incubation period is usually 7-14 days but can range from 5-21 days. The illness typically lasts for 2-4 weeks.

There are two types of Mpox virus: **clade I** (Congo Basin) and **clade II** (West African). Clade I which is more associated with recent upsurge causes more severe illness and deaths. Some outbreaks have killed up to 10% of the people who get sick, although more recent outbreaks have had lower death rates. Clade I is endemic to Central Africa. Clade II is the type that is involved in global outbreak since in 2022. Infections from clade II Mpox are less severe. More than 99.9% of people survive. Clade II is endemic to West Africa.

Visit of Federal Secretary for NHR&C

