



TOHONO O'ODHAM NATION HEALTH CARE

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Monkeypox: CDC is investigating cases

What is Monkeypox?

Monkeypox is a disease caused by a virus related to smallpox. Monkeypox does not occur naturally in the United States. In the past, cases have happened after international travel or importing animals from areas where the disease is more common. In the beginning of May 2022, several countries, including the USA have reported over 100 human cases of monkeypox, particularly in men who had sex with multiple partners. To date, Arizona and the Tohono O'odham Nation have not reported any cases.

Signs and symptoms:

Early symptoms are not specific. The first 1-3 days may have fever, headache, muscle aches, backache, swollen lymph nodes, chills, feeling very tired. This is different from COVID-19 that often causes sore throat, cough, and breathing problems. Following fever, people may develop skin rash with firm pustules, blisters, and scabs. Illness lasts typically 2-4 weeks. Some people get pustules in their genital region. Although most people recover, up to 10% of cases can be fatal.

Transmission

Monkeypox virus occurs when a person comes into contact with the virus from an animal, human, or materials contaminated with the virus. The virus enters the body through broken skin (even if not visible), the respiratory tract, or the mucous membranes (eyes, nose, mouth, genitals, and anus).

To prevent Monkeypox:

- Avoid contact with animals imported from areas where monkeypox occur (mostly West Africa).
- Avoid contact with materials (bedding, underwear, clothing) that has been in contact with a sick animal or person with monkeypox.
- Separate (isolate) infected patients from others who could be at risk for infection until resolved.
- Practice good hand hygiene after contact with infected animals or humans. Use protective equipment (N95 mask, gloves, gowns) to care for patients with monkeypox.
- Avoid sexual activities with multiple partners, especially through parties and digital apps.

Diagnosis

Tell your health provider if you have a new illness with fever, aches, swollen glands, and rash with pustules. Especially watch for pox lesions in the genital areas. Testing the pustules in specialized labs can determine if monkeypox is present.

Treatment

Medications and vaccines for both smallpox and monkeypox are used to help control outbreaks.

