

# Monkeypox Fact Sheet

## What is Monkeypox?

Monkeypox is a viral zoonotic disease caused by the monkeypox virus, a member of the *Orthopoxvirus* genus, this includes the variola virus (which causes smallpox). Monkeypox is characterized by rash or skin lesions that are usually concentrated on the face, palms of the hands, and soles of the feet.

## How it spreads

Monkeypox can spread to people when they come into **physical contact** with an infected animal.

Traditionally, monkeypox is transmitted from person to person mainly through **direct or indirect contact** with the rash, bodily fluids (such as fluid, pus, or blood from skin lesions), and scabs which are particularly infectious. Clothing, bedding, towels, or objects like eating utensils/dishes that have been contaminated with the virus from contact with an infected person can also infect others.

The virus can also spread from someone who is pregnant to the fetus from the placenta, or from an infected parent to child during or after birth through skin-to-skin contact.

## Suspected cases

If you suspect that you may have the virus or have been in close contact with someone who has the monkeypox virus, contact the University's Medical Health Centre **via phone/email** on the following to be advised further:

Tel: 623-4647 or 620-0119

Email: [rawle.wilson@uog.edu.gy](mailto:rawle.wilson@uog.edu.gy)

[julie.richmond@uog.edu.gy](mailto:julie.richmond@uog.edu.gy)

[melisha.hanif@uog.edu.gy](mailto:melisha.hanif@uog.edu.gy)

## Symptoms

The most common symptoms of monkeypox include:

- fever
- headache
- muscle aches
- back pain
- low energy
- swollen lymph nodes.

This is followed or accompanied by the development of a rash which can last for two to three weeks. The rash can be found on the face, palms of the hands, soles of the feet, eyes, mouth, throat, groin, and genital and/or anal regions of the body. The number of lesions can range from one to several thousand. Lesions begin flat, then fill with liquid before they crust over, dry up and fall off, with a fresh layer of skin forming underneath.

## Preventative measures

Reduce your risk of catching monkeypox by

- limiting close contact with people who have suspected or confirmed monkeypox, or with animals that could be infected.
- Clean and disinfect environments that could have been contaminated with the virus.
- Keep yourself informed about monkeypox in your area and have open conversations with those you come into close contact (especially sexual contact) with about any symptoms you or they may have.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.