

- Be a Smart Traveler: When traveling
 - Drink only safe water
 - Sanitize properly
 - Wash fruits/vegetables
- Get Vaccinated against all vaccine-preventable diseases. Avoid self-medication, visit the facility when you feel ill.
- Gloves and surgical masks should be worn when caring for sick individuals
- Health workers should practice standard infection prevention precautions when caring for ill persons

• **What do I do if a suspected infected member of my family goes into hiding?**

- Encourage the person to go to a health facility for treatment. People who are in a specialized centre are more likely to survive
- Persuade others not to stigmatise people suspected or infected with monkeypox

Go to the state Ministry of Health (State Epidemiologist) nearest to you for more information on available Monkeypox.

Remember Monkeypox can be treated if detected early. Early detection saves life



For more information, please contact the following:
NCDC Call Centre 6232
SMS 08099555577
WhatsApp 07087110839

[NCDC.GOV.NG](https://ncdc.gov.ng) INFO@NCDC.GOV.NG

[@ncdcgov](https://twitter.com/ncdcgov)



WHAT YOU NEED TO KNOW ABOUT MONKEYPOX



CALL: 6232
FOR MORE INFORMATION

• What is Monkeypox?

Monkeypox is a viral disease caused by infection with the monkeypox virus, which presents with pus-containing rash on the body including the face, hands, palms, soles of feet, etc.

The disease is transmitted from animals to humans. It can also be transmitted from humans to humans. It is a self-limiting disease which means most patients recover with time. However, it may also result in long-term complications or death when not appropriately managed.

The interval from infection to onset of symptoms of disease ranges between 5 to 21 days.

Rodents (like rats, squirrel and others) and non-human primates (like monkeys, chimpanzees and others) might harbor the virus and infect people.

People with weakened immune systems are more likely to get seriously ill or die from monkeypox.

• How is Monkeypox transmitted?

-Contact with infected animal, human, or contaminated materials.

-From animal-to-human through bite or scratch from animals and preparation of infected bush meat.

-Human-to-human transmission occurs through respiratory droplets, contact with infected persons or contaminated materials.

• Who can be infected?

Anybody can be infected

1. Anybody who comes in contact with an infected animal, human, or contaminated materials
2. Caregivers
3. Family and friends
4. Traditional healthcare providers
5. Doctors, nurses and other health workers providing direct patient care
6. Hospital staff who clean and disinfect contaminated surfaces, materials and supplies
7. Laboratory staff who handle blood samples from suspected monkeypox cases

• What are the signs & symptoms of Monkeypox?

Specific symptoms include:

Rash containing pus or fluid on any part of the body including – face, arms, hands, soles of the feet, genitals, chest, abdomen, legs

General Symptoms include:

Severe headache, sudden fever, body and muscle pain, weakness, back pain, sore throat, swollen lymph nodes

• What is the incubation period for Monkeypox?

Signs and symptoms of fever appear from 5 to 21 days

• Is there a treatment for Monkeypox?

Yes, supportive care by healthcare providers is given at the hospital to ensure recovery from monkeypox. Healthcare workers should isolate any suspected or confirmed case

• Myths around Monkeypox

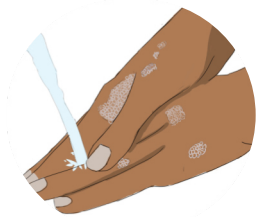
No, it is not caused by a spirit, it is just like any other disease.

• What can I do to prevent the spread of Monkeypox?

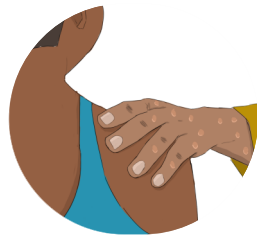
No. Symptomatic management and supportive care by healthcare providers is given at the hospital to ensure recovery from Monkeypox.

Healthcare workers should isolate any suspected or confirmed case and notify relevant health authorities

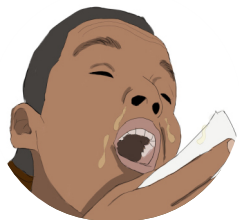
- Health workers should practice standard infection prevention precautions when caring for ill persons
- Wash hands frequently with soap under running water or use alcohol-based hand sanitizer
- Avoid unprotected physical contact with infected persons or animals
- Avoid contact with blood or other body fluids from infected persons
- Gloves and surgical masks should be worn when caring for sick individuals



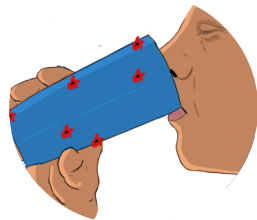
Wash your hands frequently with soap/ash under running water or with hand sanitizers



Avoid close or skin-to-skin contact with persons infected with or showing symptoms of monkeypox



Avoid contact with blood or other body fluids from infected persons



Do not share eating utensils or cups with a person with monkeypox

**Report to the State
Epidemiologist at the State
Ministry of Health or the
Disease Surveillance
Notification Officer (DSNO) at
your LGA Primary Health
Center**

**Remember, early detection
saves lives**



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INFORMATION FOR HEALTH WORKERS ON MONKEYPOX



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• What is Monkeypox?

Monkeypox is a rare viral disease which present with pus containing rash on the body including the face, hands, palm, soles of feet, etc. The disease is transmitted from animals to humans. It can also be transmitted from infected humans to others. It is a self-limiting disease which means patients tend to recover with time. The interval from infection to onset of symptoms of disease ranges between 5 to 21 days. Monkeypox can result in death when not appropriately managed.

There is no vaccine currently available in Nigeria against monkeypox. Smallpox vaccination which ended 1980 after the eradication of the smallpox is known to be a protection against monkeypox but vaccination against other diseases does not cause monkeypox.

• Case definition

Suspected case: Any person presenting with a history of sudden onset of fever, followed by a vesiculopustular rash occurring mostly on the face, palms and soles of feet.

Confirmed Case: Any suspected case with laboratory confirmation (Positive IgM Antibody, PCR or Virus isolation).

Contact: Any person who has no symptoms but who has been in physical contact with a

suspected case or with body fluids of a confirmed case in the last three weeks (i.e. skin secretions, oral secretions, pre-mastication of food, urine, stools, vomiting, blood, sexual contact).

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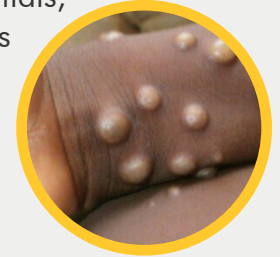
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