

Monkeypox - Information Sheet

1) What is Monkeypox?

Monkeypox is a rare disease that is caused by infection with Monkeypox virus.

2) Where does Monkeypox come from?

Monkeypox was first discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research. The first human case of Monkeypox was recorded in 1970 in the Democratic Republic of Congo (DRC), and since then has been reported in other central and western African countries.

3) How does it spread?

Monkeypox does not spread easily between people. Spread of Monkeypox may occur when a person comes into close contact with an animal (rodents are believed to be the primary animal reservoir for transmission to humans), 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, or mouth).

Person-to-person spread is very uncommon, but may occur through:

- contact with clothing or linens (such as bedding or towels) used by an infected person
- direct contact with Monkeypox skin lesions or scabs
- coughing or sneezing of an individual with a Monkeypox rash

4) What are the symptoms of Monkeypox?

The illness begins with:

- fever
- headache
- muscle aches
- backache
- swollen lymph nodes
- chills
- exhaustion

Within 1 to 5 days after the appearance of fever, a rash develops, often beginning on the face then spreading to other parts of the body. The rash changes and goes through different stages before finally forming a scab which later falls off.

5) What is the incubation period?

The incubation period is the duration/time between contact with the infected person and the time that the first symptoms appear. The incubation period for Monkeypox is between 5 and 21 days.

6) When should someone be tested for Monkeypox?

Clinical diagnosis of Monkeypox can be difficult, and it is often confused with other infections such as chickenpox. A definite diagnosis of Monkeypox requires assessment by a health professional and specific testing in a specialist laboratory.

In the UK, the [Rare and Imported Pathogens Laboratory \(RIPL\)](#) at the UK Health Security Agency (UKHSA) Porton Down is the designated diagnostic laboratory.

Suspected cases should be discussed with the ELFT Infection Prevention & Control team (elft.infectioncontrol@nhs.net) & the [Imported Fever Service](#) prior to submitting samples for laboratory testing.

7) Is there a treatment for Monkeypox?

Treatment for Monkeypox is mainly supportive. The illness is usually mild and most of those infected will recover within a few weeks without treatment.

8) Is there post-exposure prophylaxis?

Vaccination against smallpox can be used for both pre and post exposure and is up to 85% effective in preventing Monkeypox. People vaccinated against smallpox in childhood may experience a milder disease.

9) How do I manage a suspected case of Monkeypox within inpatient settings?

- Isolate suspected case to side room with en-suite facilities (or dedicate a toilet & shower facility only for suspected case)
- wear correct PPE (gloves, apron, fluid resistant surgical mask & face visor)
- Contact Infection Prevention & Control department (elft.infectioncontrol@nhs.net)

10) What Personal Protective Equipment should I wear with a suspected case?

In suspected cases of Monkeypox the following personal protective equipment should be worn:

- Apron
- Gloves
- Fluid resistant surgical mask (FRSM)
- Face Visor

11) What Personal Protective Equipment should I wear with a confirmed case of Monkeypox?

In confirmed cases of Monkeypox the following personal protective equipment should be worn:

- Long sleeve fluid repellent gown
- Gloves
- Face filtering particle mask (FFP3)
- Face Visor

12) What cleaning is required for the environment with suspected/ confirmed cases?

The environment can be cleaned and disinfected as per standard terminal cleaning of an isolation room. The Monkeypox virus will be destroyed through the use of chlorine (sodium hypochlorite 1000ppm). Pay particular attention to frequently touched surfaces such as tables, door handles, toilet flush handles and taps.

13) How should clinical waste be disposed of?

Any waste generated from a suspected/confirmed Monkeypox patient should be dealt with as Hazardous waste. Waste should be discarded in orange coloured bags/ bio-bins.

14) How should bed linen be managed with suspected/confirmed Monkeypox cases?

Contaminated clothing and linens should be collected and bagged before the room is cleaned. These clothing or linen items should not be shaken or handled in a manner that may disperse infectious particles. Items of potentially infected clothing or linen should be placed in a water soluble (alginate) bag, sealed or tied and placed inside an impermeable bag for transport to the laundry facility.

15) Environmental cleaning in domestic setting

If cleaning is required in a domestic setting, such as a home or a car, individuals should be made aware that they should not attempt to clean or decontaminate the area themselves. The local Health Protection team should be contacted and in liaison with the local authority, they will arrange for specialist decontamination of the affected areas and disposal of any waste.

16) What should I do if I have had close contact with someone who has confirmed Monkeypox?

If you have been contacted by UK Security Health Agency (UKSHA) as a close contact, please follow advice provided by UKSHA and inform your line manager and the Infection Prevention & Control team (elft.infectioncontrol@nhs.net)

17) Where should suspected/confirmed cases of Monkeypox be reported?

Monkeypox is a notifiable disease. The medical doctor of suspected/confirmed case should complete the online notification form at this link:

<https://www.gov.uk/guidance/notifiable-diseases-and-causative-organisms-how-to-report>

18) I am a community nurse, going to provide care to a patient who is self-isolating with confirmed Monkeypox infection, what precautions should I take to be safe?

- In wear PPE (Long sleeve fluid repellent gown, gloves, FFP3 mask, face visor (if risk of splashing)
- Contact Infection Prevention & Control department (elft.infectioncontrol@nhs.net)

19) Additional information on Monkeypox can be found on:

UKHSA webpage: <https://www.gov.uk/guidance/monkeypox>

WHO factsheet: <http://www.who.int/news-room/fact-sheets/detail/monkeypox>