

Monkeypox Outbreak in India

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Monkeypox is a zoonotic viral infection due to monkeypox virus, an enveloped double-stranded DNA virus, known as the very significant orthopox viral infection after the small pox is eradicated. The two distinct genetic clades of the monkeypox virus are the central African (Congo Basin) clade and the West African clade. The 2022 monkeypox outbreak in India is caused by the West African clade of the monkeypox virus [1]. The World Health Organization (WHO) announced it as a public health emergency on July 23 and it is clinically less severe than smallpox. The global cases of monkey pox reported in 2022 outbreak is 63,117 as on 14/09/2022 and in India 14 reported cases [2].

Clinical manifestations are development of rashes in the genital areas or anus and can be found on other body parts such as upper and lower legs, chest, face and mouth. The rash first resemble like skin eruptions or blisters and may be aching or scratchy. Other manifestations are fever, chills, enlarged lymph nodes, headache, muscle pain and back pain along with respiratory manifestations such as rhinitis, nasal congestion, sore throat etc. Sometimes few symptoms only will be present. 21 days after viral exposure, the person develops monkeypox manifestations and they will commonly develop a rash after 1-4 days and the infection typically lasts for 2-4 weeks. Spreading of monkeypox can occur from the onset of clinical features till the rash gets cured and all crusts have dropped off and a new coat of skin has been developed [1, 3].

Spread of monkeypox

Monkeypox can be spread to anyone through close, personal, often skin-to-skin contact, including direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox, touching objects, fabrics such as clothing, bedding, or towels, sex toys and surfaces that have been used by someone with monkeypox and also in contact with respiratory secretions. The direct contact occur during intimate contact including oral, anal, and vaginal sex or touching the genitals or anus of an infected person. Hugging, massage, kissing and prolonged face-to-face contact can also spread the infection from one person to another. Pregnant mother can transmit virus to their fetus through placenta [1, 3].

Preventive measures include isolate the infected person till the rash healed and fresh skin comes. Avoid close contact with infected persons and not share the items touched by the infected persons. As it is a zoonotic disease, keeping a distance from all pets, live stocks is of utmost significant [1, 3]. Washing hands and maintaining good personal hygiene is very essential to prevent getting infection [1, 3].

Diagnosis is made by testing the swab for monkey pox virus taken from more than one lesions.

Treatment includes supportive management with antiviral drugs. No specific treatment for monkey pox. The antiviral drug tecovirimat (TPOXX) has been sanctioned by the Food and Drug Administration (FDA) to treat smallpox in adults and children. The JYNNEOS vaccine is the primary vaccine being used during this outbreak in the U.S and is the approved vaccine for prevention of smallpox and monkeypox. The ACAM2000 vaccine is an alternative to JYNNEOS. TPOXX is currently using only for people with severe monkeypox

disease or who are at high risk of severe disease, like people with weakened immune systems or skin conditions, such as HIV that is not virally suppressed and eczema.

Reference

1. Monkeypox. WHO (2022).
2. India reports 9th monkeypox case as Nigerian woman tests positive in Delhi. India today news (2022).
3. Monkeypox Signs and Symptoms.

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