

## Transmission

- Touching the blood, faeces, urine, vomit, spit, semen, or sores of infected animals (mainly monkeys, prairie dogs, rats and squirrels)
- Touching household items that are contaminated (for example, bedding)
- Through a bite or scratch by an infected animal
- Through preparing or eating infected bush meat that is not cooked thoroughly
- Breathing in droplets from a sick person (requires close, face-to-face contact for a long time)

## Symptoms

- Fever, strong headache, swelling or painful lumps in neck, groin or underarms, back pain, muscle aches, feeling tired.
- A rash, usually starting on the face and then spreading to hands, feet and other parts of the body.

## Prevention

- Avoid hunting or eating small bush mammals
- Avoid touching sick or dead animals and objects that might be contaminated by their stools
- Immediately quarantine animals that are potentially sick with monkeypox
- Avoid consuming uncooked meat
- Wash hands with soap after caring for or visiting sick people, and after handling or slaughtering sick animals
- Implement social mobilization and behaviour change communication

## Vulnerable people

- Children and young adults.
- Hunters.

## If an epidemic occurs

- Identify suspected monkeypox cases rapidly and refer them to health facilities
- Trace contacts and follow them up
- Increase social mobilization and behaviour change communication
- Give a pre-exposure smallpox vaccination to high-risk groups
- Avoid contact with persons infected by monkeypox
- Encourage people to wash hands with soap after caring for or visiting sick people, and after handling or slaughtering sick animals
- Use personal protective equipment (gloves, masks, clothing) when taking care of sick people
- Disinfect reusable supplies that are used to care for or treat sick people

- Encourage people not to hunt or eat small bush mammals
- Instruct people to avoid touching sick and dead animals and objects that might be contaminated by their faeces
- Instruct people not to consume uncooked meat

## Community-based assessment - questions

Make a map of the community and mark the information you gather on the map. Record other details.

- When did people start to fall sick with monkeypox?
- How many people have fallen sick with monkeypox? Where?
- How many have died? Where?
- Who and where are the vulnerable people?
- Who is most affected by monkeypox?
- How many people live in the affected community or area? How many children under five years of age live in the area?
- Which people in the community have contact with monkeys and small animals and eat their meat? Are there bushmeat markets in the area?
- What are the community's habits, practices and beliefs about handling and slaughtering animals, especially animals that are sick or dead?
- Do people cook bushmeat thoroughly before eating it?
- Are there handwashing facilities in the community, and at animal and bushmeat markets? Are soap and water always available?
- Where are the local health facilities and services? (Include traditional and community carers from whom people seek advice.)
- What are the community's habits, practices and beliefs about caring for and feeding sick people?
- Is a social mobilization or health promotion programme in place?
- Which sources of information do people use most?
- Are rumours or is misinformation about monkeypox spreading in the community?

## Volunteer actions

See the following action tools for more information on what actions to take against monkeypox:

- 1 - Community-based surveillance
- 2 - Community mapping
- 3 - Communicating with the community
- 4 - Referral to health facilities
- 5 - Volunteer protection and safety
- 6 - Using personal protection equipment (PPE) for highly infectious diseases
- 19 - Psychosocial support (Psychological first aid (PFA))
- 20 - Isolating sick people
- 26 - Coughing etiquette
- 28 - Social distancing
- 29 - Hygiene promotion
- 31 - Good food hygiene

- 34 - Handwashing with soap
- 35 - Handwashing in a highly infectious epidemic
- 39 - Preparing and using disinfectants
- 40 - Building an incinerator for medical waste
- 41 - Handling and slaughtering animals
- 43 - Social mobilization and behaviour change