MONKEY POX

Precautions for preventing monkeypox are required, especially in outbreaks or when you live in an area that has known cases. The following strategies are recommended to mitigate your risk of catching or transmitting the virus:

1. Close Contact with Those Infected:

- Quarantining Infected Persons: If a person is confirmed or suspected of monkeypox, they should be quarantined to avoid the spread of the fatal virus.

- Do Not Touch Skin Lesions, Bodily Fluids or Clothing Bedding and Towels Used by Victim

– Use Personal Protective Equipment (PPE): Individuals that administer care to persons diagnosed with monkeypox should have on protective gowns, gloves and masks.

2. Practice Good Hand Hygiene:

– Hand Washing Is Key: Make it a point to wash your hands often with soap and water, particularly after exposure to ill persons or animals.

- Alcohol-Based Hand Sanitizer — If soap and water are unavailable, use an alcohol-based hand sanitizer on your hands.

3. Stay Away from Animals Potentially Carrying the Virus:

- Stay away from wild animals: No handling or eating bushmeat of rodents, primates and wildlife suspected to be skilful by monkeypox.

- Absence of diseased or dead animal: Try not to come into contact with a sick animal, an apparently healthy carcass (dead body) without having had the time for it be emitted by nature.

- Good Pet Hygiene: In locations where monkeypox is spreading remember to be good pet owners and avoid contact with any animals who could have been exposed to the virus.

4. Do not share throw any personal belongings:

- Do not share bedding or towels: Avoid sharing personal items like clothing, towels or bedding with anyone who has symptoms of illness.

- Wipe Down Surfaces: Clean and disinfect surfaces that may be contaminated, including doorknobs, tables or countertops.

5. Use protection during sex:

- Practice Safer Sex: Use condoms when having sex, because monkeypox can spread via close physical interaction. Nevertheless, they may fail to adequately prevent transmission of the virus if there are lesions on the skin.

- Limiting the number of sexual partners will reduce your risk of monkeypox transmission if you live in an area where the virus is circulating.

6. Vaccination:

- In specific countries, vaccines such as the smallpox vaccine (and which also cross protect to monkey pox) are recommended for individuals at high risk of exposure like healthcare workers or laboratory personnel.

- Vaccination after exposure: may be effective for prevention of monkeypox or reduced severity. If you think you may have been exposed, speak to a healthcare provider.

7. Travel Precautions:

- Limit Travel to Affected Areas: If there is an outbreak of monkeypox in a given region, do not travel non-essentially throughout the area.

-Observe Health Protocols: Follow health protocols in countries where outbreaks are occurring and notify the symptoms if you feel unwell after arrival at your destination.

8. Recognize Symptoms Early:

Recognize Symptoms: Monkeypox begins with fever, headache, muscle aches and swollen lymph nodes and progresses to a rash that develops into fluid-filled blisters.

- Getting Help If you think you have monkeypox, see a healthcare provider soon after particularly in case you are uncovered to an individual having the infection or even have witnessed toured into a part with third-year sickness double Value.

9. Avoid Stigmatization

Do not to stigmatize anybody who may have been ruled out for monkeypox -Education and Support .The key to controlling outbreaks and eradicating society of these diseases is … EDUCATION AND COMPASSION .The sooner we are able to identify an infectious disease the more likely it can be eradicated… without stigma.

10. Heed the Public Health Advisories

- Be an Informed Citizen: Stay up-to-date with official health alerts from authorities (e.g., World Health Organization, or the Centers for Disease Control and Prevention) about monkeypox outbreaks in your areaꟷand what you can do to avoid getting infected.

- Taking these precautions will help reduce your chances of getting or transmitting monkeypox. If you are in a high-risk country or suspect possible exposure to this virus, please act now and seek medical advice.

