

First monkeypox case confirmed India

July 15, 2022

In news– The first case of monkeypox was confirmed in India on July 14, **after a person who had returned to Kerala** from abroad developed symptoms of the disease.

What is Monkeypox?

- **Monkeypox is a viral zoonotic disease with symptoms similar to smallpox**, although with less clinical severity.
- **The infection was first discovered in 1958** following two outbreaks of a pox-like disease in colonies of monkeys kept for research which led to the name 'monkeypox'.
- It **begins with a fever, headache, muscle aches**, back ache, and exhaustion. It **also causes the lymph nodes to swell** (lymphadenopathy), which smallpox does not.
- **It is important not to confuse monkeypox with chickenpox, measles**, bacterial skin infections, scabies, syphilis and medication-associated allergies.
- It is usually a **self-limiting disease** with symptoms lasting from two to four weeks.
- The incubation period (time from infection to symptoms) for monkeypox is usually 7-14 days but can range from 5-21 days.
- **The disease goes through four different phases.** The **first invasion period**, which is between 0-5 days, is characterised by fever, headache and lymph node swelling.
- **The swelling of the lymphnodes is one of the characteristic features of monkeypox** and is not observed in similar rash causing diseases like measles and chickenpox.
- Patients also show **generalized weakness or lack of**

energy.

- **Skin eruptions usually show up within two days of fever.** The rash is more concentrated on the face as is apparent in 95 per cent cases.
- In 75 per cent cases, **it is found in the palm and sole of the feet.** It affects the oral mucous membrane in 70 per cent of the cases. The conjunctiva, cornea of the eye and the genital area can also get affected.
- **The skin eruption stage** can last between 2 and 4 weeks, during which the lesions harden and become painful, fill up first with a clear fluid and then pus, and then develop scabs or crusts.
- **There is no proven treatment for monkeypox yet.** The WHO recommends supportive treatment depending on the symptoms. Those infected are advised to isolate immediately.
- **According to the Ministry of Health guidelines on supportive management of monkeypox, skin rashes should be cleaned with simple antiseptic,** and covered with light dressing in case of extensive lesions. Oral ulcers should be managed with warm saline gargles.