

وزارة الصحة
Ministry of Health

Monkeypox FAQs

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Monkeypox FAQs

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Monkeypox FAQs

What is Monkeypox?

Monkeypox is a disease caused by the Monkeypox virus, it is a viral zoonotic disease, meaning that it can spread from animals to humans. It can also spread between people.

Is Monkeypox a new disease?

Monkeypox in humans was first identified in 1970

Where is Monkeypox endemic?

- Monkeypox is endemic in Central Africa (Congo Basin) and Western Africa. People with monkeypox are occasionally identified in other countries outside of central and west Africa, following travel from regions where monkeypox is endemic
- In May 2022, cases are being reported from several countries in non-endemic areas

Can people die from Monkeypox?

- In most cases, the symptoms of monkeypox go away on their own within a few weeks
- Around 3 - 6% of reported cases have led to death in endemic countries
- There are few reported deaths from non-endemic countries

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How is Monkeypox transmitted?

Monkeypox can be transmitted from infected animals to humans, through:

- Infected animals or contaminated animal products
- Bite or scratch of an infected animal
- Eating under-cooked meat of infected animals

How is Monkeypox transmitted from human to human?

Unprotected contact with:

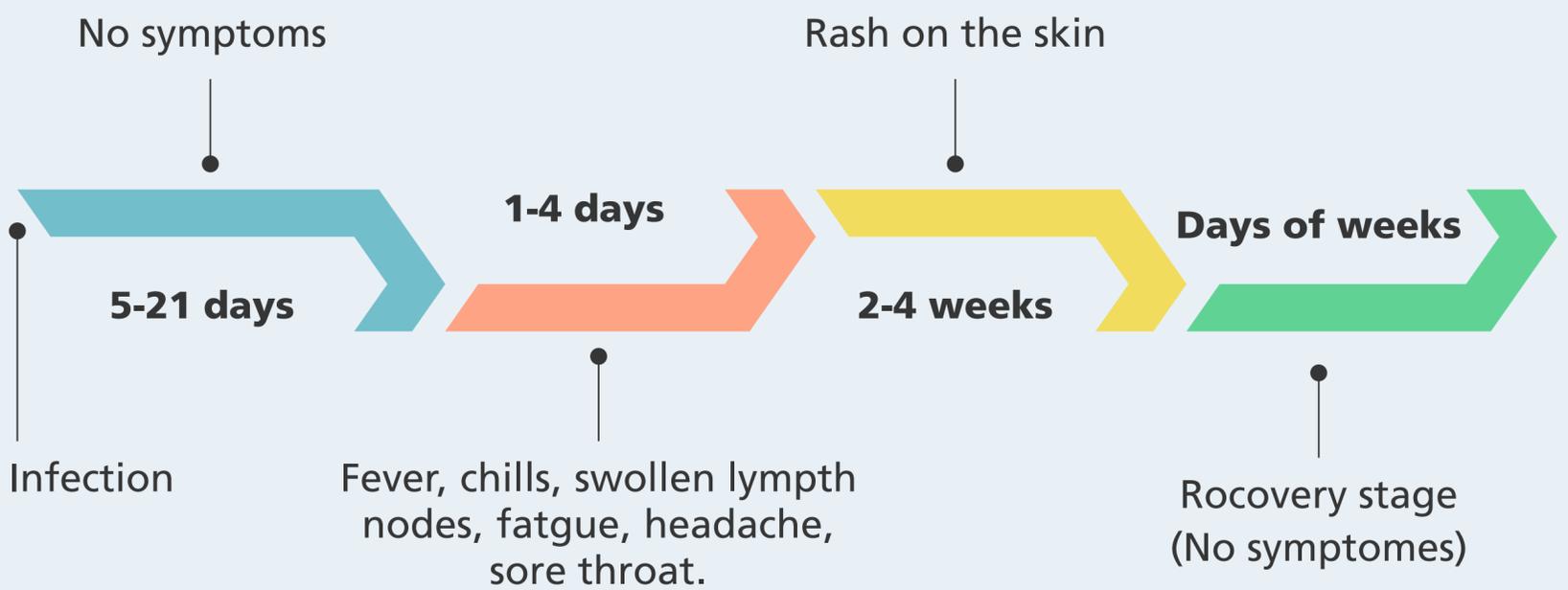
- Skin lesions
- Respiratory droplets
- Body fluids
- Infected personal materials (e.g., towels, clothing, and bedding)
- Mother to fetus

How does the virus enter the human body?

- Mucous membranes (eyes and mouth)
- Respiratory tract
- Broken skin (e.g., animal bites)

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What are the signs and symptoms of Monkeypox?



How does the rash look like?

The lesions are flat or slightly raised, then filled with a clear or yellowish fluid, and then crust, dry, and fall off

When is Monkeypox contagious?

Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. This can take several weeks.

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What are the complications of Monkeypox disease?

- Corneal infection and vision loss
- Secondary bacterial infections
- Infection of the lungs and airways
- Infection of the blood
- Inflammation of the brain
- Miscarriage
- Death

Who is at risk of developing complications?

- Children
- People with compromised immunity
- Invasive routes of transmission (e.g., infected animal bite)
- Infection with the Central African clade variant

Is there a specific diagnostic test for Monkeypox?

Yes, the type of test is determined by the doctor according to the clinical situation, samples are either taken from the skin lesions, from the nose or through a blood sample.

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Is there a vaccine against monkeypox?

- Yes, in 2019 a newer vaccine was approved to prevent monkeypox, but is not yet widely available
- You can pre-register for the voluntary Monkeypox vaccine by visiting healthalert.gov.bh or through the 24/7 call centre (444).

Can Monkeypox be treated?

- Yes, an antiviral that was developed to treat smallpox was also approved for the treatment of monkeypox in January 2022
- Monkeypox is mostly a self-limiting virus, with symptoms clearing up in 2 – 4 weeks.

How can I protect myself and others from Monkeypox?

- Wash hands regularly
- Avoid contact with people who have suspected or confirmed monkeypox disease
- Avoid skin-to-skin contact with people exhibiting symptoms
- Do not share personal items with infected individuals
- Wear a mask around infected individuals
- Avoid contact with sick or dead wild animals
- Cook food containing animal meat properly before eating

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What should I do if I think I have monkeypox?

- Get advice from a health care professional in local health centers, governmental or private hospitals.
- Cover any skin lesions with clothes.
- Avoid close contact with others.
- Wear a mask and avoid touching others.
- Do not share personal material and utensils with others.

What should I do if I must take care of an infected person?

- Ensure the patient is isolated.
- Both the patient and care giver must wear a medical mask.
- Use disposable gloves if you have direct contact with skin lesions.
- Practice proper hand hygiene.
- Wear a mask and disposable gloves when handling any clothes or bedding of the patient.
- Wash the patient's clothes, towels, bedsheets, and utensils separately than the family items with warm water and detergent.
- Clean and disinfect any contaminated surfaces regularly.
- Dispose of contaminated waste appropriately.

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What can travelers do to prevent Monkeypox?

- Practice good hand hygiene.
- Avoid touching your face (eyes, nose, and mouth).
- Avoid physical contact with people who are sick (e.g., shaking hands or hugging).
- Do not share eating utensils or cups with others.
- Do not touch live or dead animals.
- Do not eat undercooked meat.

Can monkeypox be spread through blood transfusion?

There have not been any reports of monkeypox spreading through blood transfusions in the past.

However, you should never donate blood when feeling unwell.

Is Monkeypox a sexually transmitted disease?

It is currently not known whether monkeypox can be transmitted sexually (i.e., through semen or vaginal fluids), but direct skin-to-skin contact with lesions during sexual contact can spread the virus

Does past chickenpox exposure provide protection against monkeypox?

- Chickenpox is caused by a different virus. There is currently no evidence that past exposure to chickenpox or vaccination provides protection against monkeypox.

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What are the MoH's preventative measures against monkeypox?

- Monitoring the global situation and updating national health policies and regulations accordingly.
- Increasing awareness of healthcare workers to identify and report suspected cases to the public health directorate.
- Designating the aplace for isolation and investigation of suspected monkeypox cases by national medical team.
- Ensuring the availability of diagnostic testing at public health laboratory.
- Raising public awareness regarding the Monkeypox virus.
- Ensuring the availability of the vaccine for high risk groups.

What is the protocol for isolation or quarantine of contacts in the Kingdom of Bahrain?

- Isolation of monkeypox cases will currently take place at Salmaniya Medical Complex.
- Contacts of cases will be isolated and followed up by public health specialists for 21 days for any symptoms of the disease.



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Is there a change in the entry procedures to the Kingdom of Bahrain in light of the spread of monkeypox virus in some countries?

The entry procedures are reviewed and updated regularly in line with the local and global epidemiological situation and the recommendations of the World Health Organization. There are currently no travel restrictions.