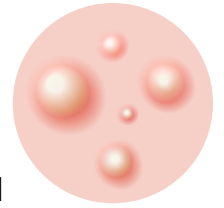


Monkeypox Fact Sheet

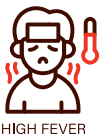
What is Monkeypox?

Monkeypox was first discovered in 1958. It is named Monkeypox because it was first discovered in African monkeys, but other animals and humans can be infected. The first human case of Monkeypox was recorded in 1970. Prior to the 2022 outbreak, almost all Monkeypox cases in people outside of Africa were linked to international travel to countries where the disease commonly occurs or through imported animals. There are two strains: one in the Congo Basin, which tends to be more severe, and another in West Africa, which is less severe, and this less severe strain is causing the current outbreak. Cases of Monkeypox have now been identified in many countries globally, including Saudi Arabia.



What are the symptoms?

The symptoms, although somewhat less severe, are quite similar to Smallpox. In most cases, it causes relatively mild illness, meaning most people do not end up in the hospital with it. It starts with a flu-like illness, fever, general malaise and pronounced swelling of the lymph nodes. After several days, a painful rash may appear that looks like Chickenpox or Smallpox, and that progresses over the course of a week or two. Finally, the pox crust over and people recover. In the cases that have occurred in the developed world, nearly all have been fairly mild, and severe illness and death from it is rare.



HIGH FEVER

SWOLLEN
LYMPH NODES

How is it transmitted?

It spreads through large respiratory droplets and bodily fluids, and mostly it spreads through close or intimate contact with other people. It is not highly contagious, for example within a household, medical experts advised that less than 10% of household contacts get infected. The time from exposure to onset of symptoms for Monkeypox is between 5 and 21 days (about 3 weeks).

How is it managed?

At the present time, there are no available treatments specifically designed to treat Monkeypox in humans. When these are available they will need to go through an approval process with the Saudi Arabian health authorities. As most people have mild symptoms, they do not need treatment apart from to help the symptoms of fever or pain.

What you should do if you think you have symptoms?

Anyone who thinks they have symptoms including a rash that **looks like Monkeypox**, or may have been exposed, should contact KAUST Health by calling 012 808 444 or by visiting the ER for further evaluation. People who may be at higher risk might include but are not limited to those who:

1. Had contact with someone who had a rash that looks like Monkeypox or someone who was diagnosed with confirmed or probable Monkeypox.
2. Had skin-to-skin contact with someone in a social network experiencing Monkeypox activity.
3. Traveled to a country with confirmed cases of Monkeypox or where Monkeypox activity has been ongoing.

If an individual is identified to be a potential Monkeypox case, appropriate tests will be conducted in a safe and secure environment at KAUST Health under guidance received from the MOH.

Taken from: [CDC](#)