



Southern Asia-Pacific Division | Adventist Health Ministries

HEALTH WATCH

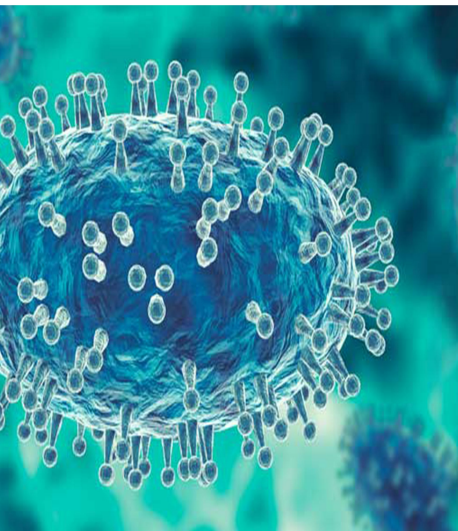


Aug 18-24, 2024

Watch Out!

Here's
the
latest
on the
recent

MMP OX OUTBREAK



On August 14, 2024, Tedros Adhanom Ghebreyesus – the World Health Organization's (WHO) top official declared a recent monkeypox (or Mpox) outbreak a cause for serious international concern. Here's what we know about the dangerous disease so far.



What is **MONKEYPOX?**



Discovered in Denmark in 1958, the monkeypox virus (now simply called **Mpox**) was first observed in a group of monkeys that were kept for the purpose of research. Twelve years later, in the Democratic Republic of Congo, the **first ever human case of Mpox was observed in a 9-month old child.**

Although prevalent at the time only in central and western Africa, the disease soon found its way around the world. In 2022, the WHO recorded a public health emergency of international concern when the infection spread across countries where it was previously never found.

That *outbreak lasted from July 2022 to May 2023*, when doctors and researchers were confident that the decline in international incidences confirmed the successful control of the virus and its spread.

MPOX OUTBREAK 2024



The Mpox virus is broadly categorized into two groups: **clade I** and **clade II**. While the 2022 outbreak was mainly attributed to the proliferation of the clade II variant, *the outbreak we observe now concerns a distinct and mutated version of the clade I variant.*

According to reports, the first ever recorded infection concerning this specific variant *dates back to January 2023*. However all cases at the time were restricted to the African continent.

MPox OUTBREAK 2024



It was on August 15, 2024 that ***the first case of this new Mpox strain was found outside of the African region*** after a confirmed case of the severe Mpox virus was found in Sweden.

Historically, outbreaks of clade I have often been more dangerous and deadly when compared to those of clade II. Although the health concern is only just beginning, **experts place its fatality rate at 5% of all confirmed infections.**

How does MP OX spread



There are three main ways through which the Mpox virus can be passed from individual to individual, including:

- ◆ *Physical contact (through saliva, wounds, and sexual intercourse) with infected individuals*
- ◆ *Exposure to contaminated items including clothing, beddings, utensils, plates, drinkware, and the like*
- ◆ *Handling of infected animals through hunting, cooking, or being bitten or scratched by animal hosts*

The virus has been known to infect a wide range of animal species, especially mammals. Rodents in particular pose a threat to humans because of their invasive behavior in human settlements and communities.



MPox SYMPTOMS

Keep in mind that the severity and extent of Mpox symptoms may vary from person to person depending on their immunity, health status, and their access to appropriate and sufficient healthcare.

Generally speaking, an Mpox infection can cause the following symptoms:

- + Painful or itchy rash causing red, pimple or blister-like lesions on the skin*
- + Fever*
- + Headaches*
- + Muscle aches*
- + Back pain*
- + Low energy*
- + Swollen lymph nodes*



Individuals with existing skin conditions and/or health problems may experience these symptoms at a more pronounced severity.

At the first signs of infection, see to it that you consult your doctor.

HOW TO STAY PROTECTED

Although most of those infected with Mpox will experience a full recovery, there are others who will succumb to the condition. Even then, those who survive attest to the difficulty of dealing with the condition, and often implore others to steer clear by any means necessary.

So to keep your family safe from the potential risk, here's what you can do:



HOW TO STAY PROTECTED

- ◆ Avoid contact with large crowds and stay at home whenever possible
- ◆ Continue to practice proper and routine handwashing
- ◆ Carry a hand sanitizer/disinfectant with you at all times and use it regularly
- ◆ Do not share utensils, plates, and cups, even with others in your home
- ◆ Eat a diet rich in whole, healthy, and plant-based food
- ◆ In some places, it is possible to receive a vaccine against the virus



In case you're exposed to someone suspected of or diagnosed with Mpox, **isolate yourself immediately and observe your health for the next 21 days**. At the first signs of infection, see to it that you alert a doctor immediately.

Keep in mind that the information provided here is not intended to serve as a diagnostic tool or aid, and only hopes to inform readers of possible health risks. Always consult with your doctor to get tailored recommendations for your health and well-being.

Resources:

<https://www.who.int/news/item/14-08-2024-who-director-general-declares-mpox-outbreak-a-public-health-emergency-of-international-concern>

<https://www.pna.gov.ph/articles/1231416>

<https://www.cdc.gov/poxvirus/mpox/prevention/protect-yourself.html>

<https://www.nbcnews.com/health/health-news/mpox-virus-outbreak-symptoms-2024-spread-rcna166778>

<https://www.cdc.gov/poxvirus/mpox/symptoms/index.html>