

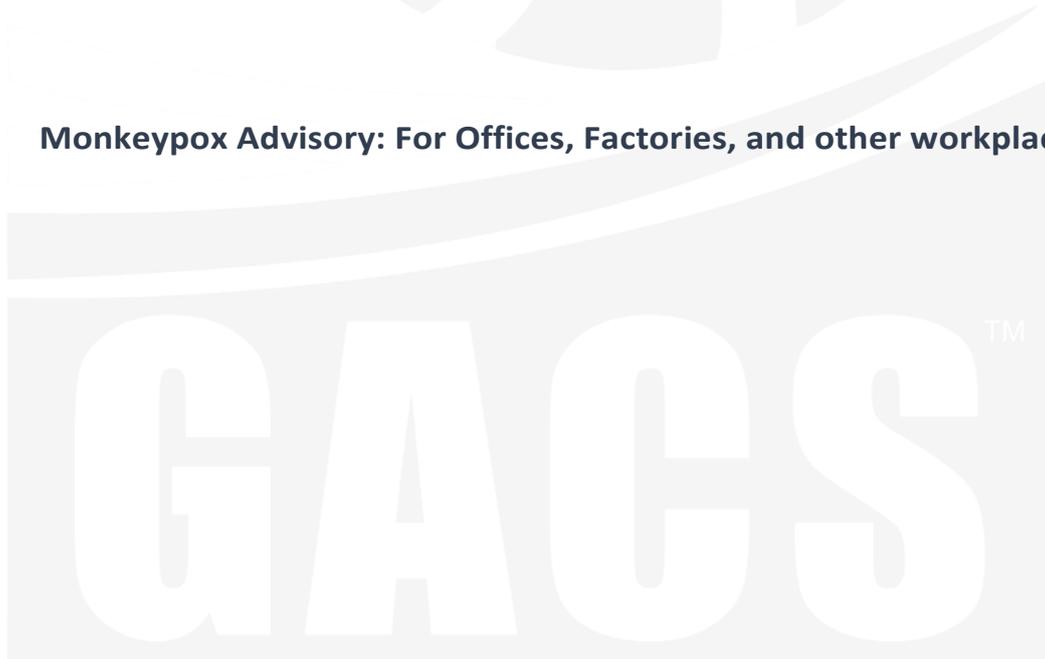
# ADVISORY ON MONKEYPOX

BY



**Business Resilience Council**  
**An Initiative of GACS**

**Monkeypox Advisory: For Offices, Factories, and other workplaces**



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## What is Monkeypox?

Monkeypox is an illness caused by the monkeypox virus. It is a viral zoonotic infection, such that it can spread from animals to humans. It can also spread from humans to humans. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Its symptoms are similar to that of smallpox. Monkeypox had been reported in people in several central and western African countries. Previously, 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. These cases have occurred in multiple continents and there are instances of the same in India too now.

## Global Trend at a glance

As of August 03, 2022, a total of **25,054 laboratory confirmed cases** and **122 probable cases**, including **11 deaths**, have been reported to WHO. Since 13 May 2022, a high proportion of these cases have been reported from countries without previously documented monkeypox transmission.

The 10 most affected countries globally are: **United States of America (n = 5,825), Spain (n = 4,577), The United Kingdom (n = 2,759), Germany (n = 2,724), France (n = 2,054), Brazil (n = 1,474), Netherlands (n = 927), Canada (n = 803), Portugal (n = 633), and Italy (n = 505)**. Together, these countries account for **88.9%** of the cases reported globally. (As on 28 July 2022).

With instances of Monkeypox in India now, we are equally affected by this illness.

## Common Symptoms

- The most common symptoms of monkeypox include fever, headache, muscle aches.
- It may also include constant back pain, low energy, and swollen lymph nodes.
- The case of rashes may be found on the face, palms of the hands, soles of the feet, eyes, mouth, throat, and genital and/or anal regions of the body.
- Lesions begin flat, then fill with liquid before they crust over, dry up and fall off, with a fresh layer of skin forming underneath.

## Who is at risk?

A person who lives with or have close contact (including sexual) with someone who has monkeypox. People who have regular contact with animals who could be infected. Infants, children, and people with underlying immune deficiencies may be at risk of more serious symptoms.

## How does the virus spread?

1. Human to human: Monkeypox spreads from person to person through close contact with someone who has a monkeypox rash, including through face-to-face, skin-to-skin, mouth-to-mouth, or mouth-to-skin contact, including sexual contact. Ulcers, lesion, or sores in the mouth can be infectious, meaning the virus can spread through direct contact with the mouth, respiratory droplets.
2. Animals to Human: Monkeypox can spread to people when they come into physical contact with an infected animal. Including those that are sick or dead (including their meat and blood).

## Is Monkeypox Lethal?

Usually, symptoms of monkeypox go away on their own within a few weeks. However, in some cases, it can lead to medical complications and even death. Adequate medical consultation and observations is necessary.

## Advised Prevention Measures

### For offices, factory workers and WFH employees

- Use masks extensively.
- Reduce the risk of catching monkeypox by limiting close contact with people who have suspected or confirmed monkeypox.
- Regularly Clean and disinfect surroundings that could have been contaminated with the virus from someone who is infectious. Avoid using their electronic devices, clothing & towels/handkerchief.
- Use sanitizers and soaps regularly.
- In case of suspicion of contraction of infection, one can act to protect others by seeking medical advice and isolating from others until having been evaluated and tested. Isolate from others until all lesions have crusted over, the scabs have fallen off and a new layer of skin has formed underneath.

### **Additional Advisories for On-site Travelling and Field workers**

- Unprotected contact with animals, especially those that are sick or dead, including their meat, blood and other parts must be avoided.
- All foods containing animal meat or parts must be thoroughly cooked before eating.

## Monkeypox: Advisory for International Passengers

### Travelers should Avoid:

- Close contact with sick people, including those with skin lesions or genital lesions.
- Contact with dead or live wild animals such as small mammals including rodents (rats, squirrels) and non-human primates (monkeys, apes).
- Eating or preparing meat from wild game (bushmeat) or using products derived from wild animals from Africa (creams, lotions, powders).
- Contact with contaminated materials used by sick people (such as clothing, bedding, or materials used in healthcare settings) or that came into contact with infected animals.

*Info source*

*The Union Health Ministry, Govt of India*

<https://www.who.int/news-room>

[https://main.mohfw.gov.in/sites/default/files/Guidelines%20for%20Management%20of%](https://main.mohfw.gov.in/sites/default/files/Guidelines%20for%20Management%20of%20Monkeypox%20in%20India.pdf)

