

TCS/GEN/052/2022-23

Date: 02-06-2022

CIRCULAR

VALUE OF THE MONTH: KINDNESS – اللطف

SUBJECT: MONKEYPOX AWARENESS

Dear Parent,
Greetings from The Central School Dubai!

Hope you are aware of the recent outbreak of monkeypox virus. Let us help you with some of the basic concerns as a precaution to take utmost care of your child.

What is Monkeypox?

Monkeypox is a rare disease that is caused by infection with monkeypox virus with symptoms very similar to smallpox.

Is this a new disease?

NO! The first case of monkeypox was found in 1970 in DR Congo.
It primarily occurs in Central and West Africa and is occasionally transmitted to other regions.

What are the symptoms?

Fever
Headache
Body Aches
Swollen Lymph Nodes
Rashes appear after 1 to 3 days

What can you do?

Pay attention to hygiene.
Avoid contact with sick patients.
Avoid contact with animals.

Do not believe any rumors and always refer to the local health authorities for any questions.

We are further enclosing necessary material from DHA for your reference.
Stay Safe Always.

Regards,



Seema Umar
Vice Principal.



What you need to know about Monkeypox?





What is Monkeypox?

- It is a rare zoonotic disease that is caused by infection with the monkeypox virus.
- It occurs primarily in tropical rainforest areas of Africa and is occasionally exported to other regions.

Mode of transmission

- **Animal-to-human:** Through direct contact with the blood, bodily fluids, cutaneous or mucosal lesions of an infected animal or eating insufficiently cooked meat from an infected animal.
- **Human-to-human:** (Rare) Through close contact with respiratory secretions, skin lesions of an infected person or contaminated objects.



Incubation period

The interval from infection to onset of symptoms is usually from:

6 to 13 days
but can range from 5 to 21 days.

Signs and symptoms



Fever



Exhaustion



Lymphadenopathy



Back and
muscle
aches



Intense
headache



Skin rash which
usually begins within
1 - 3 days of fever



Prevention

Keep your hands clean by washing them for at least 20 seconds with soap and water or alcohol-based hand sanitiser.

Preventing animal-to-human transmission

- Avoid contact with wild animals (alive or dead)
- Cook meat properly
- Avoid contact with any objects that have been in contact with a sick animal.

Preventing human-to-human transmission

- Avoid contact with any person that has a rash.
- Avoid contact with any object that has been in contact with a sick person.



Treatment

- It is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks.
- Symptomatic supportive care is to be considered

You need to know that:

- The health authorities in the UAE are currently studying and evaluating the situation.
- Avoid spreading rumours and seek information from official channels.
- The risk of getting infected or the risk of an outbreak is minimal as transmission requires close contact with the infected person or the person's contaminated objects.