



Monkeypox Outbreak Advisory Bulletin

Risk Services Division

12 September 2022

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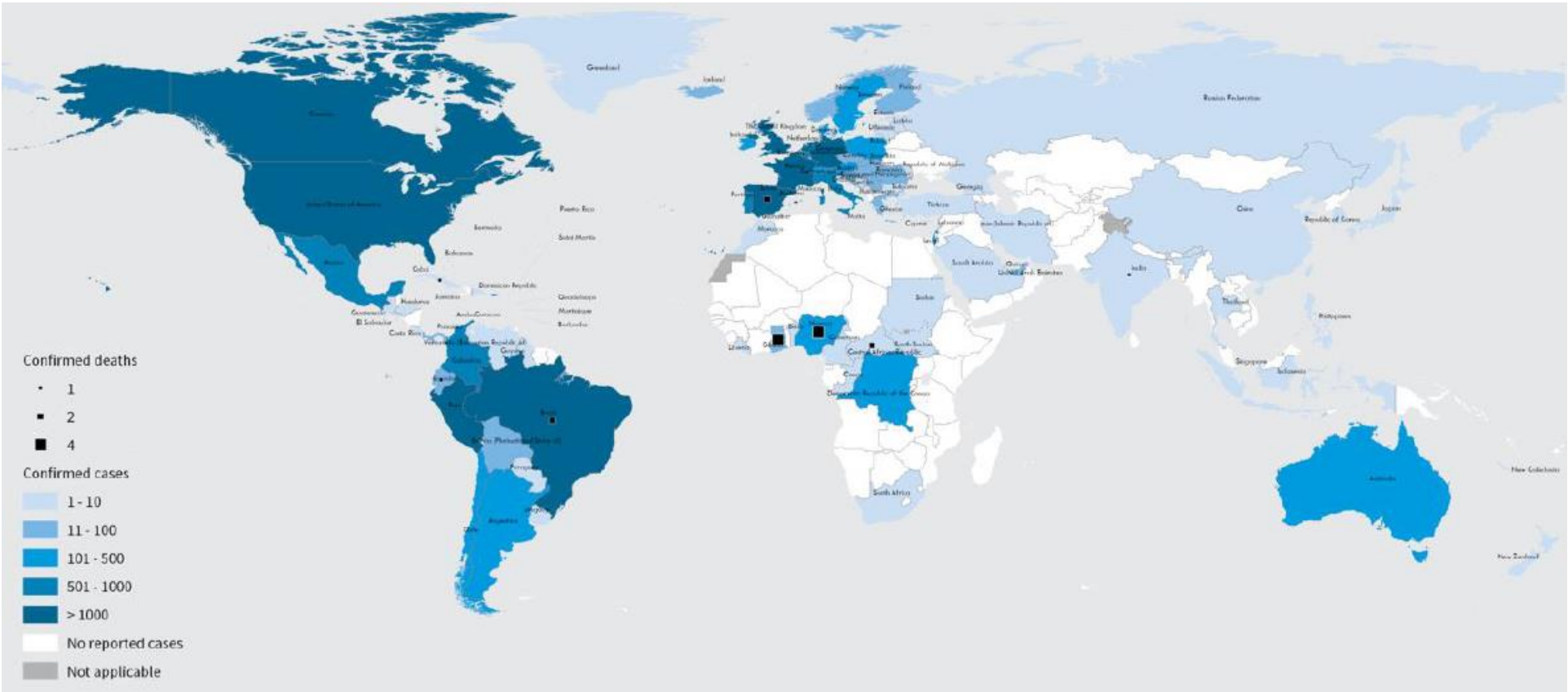
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Monkeypox

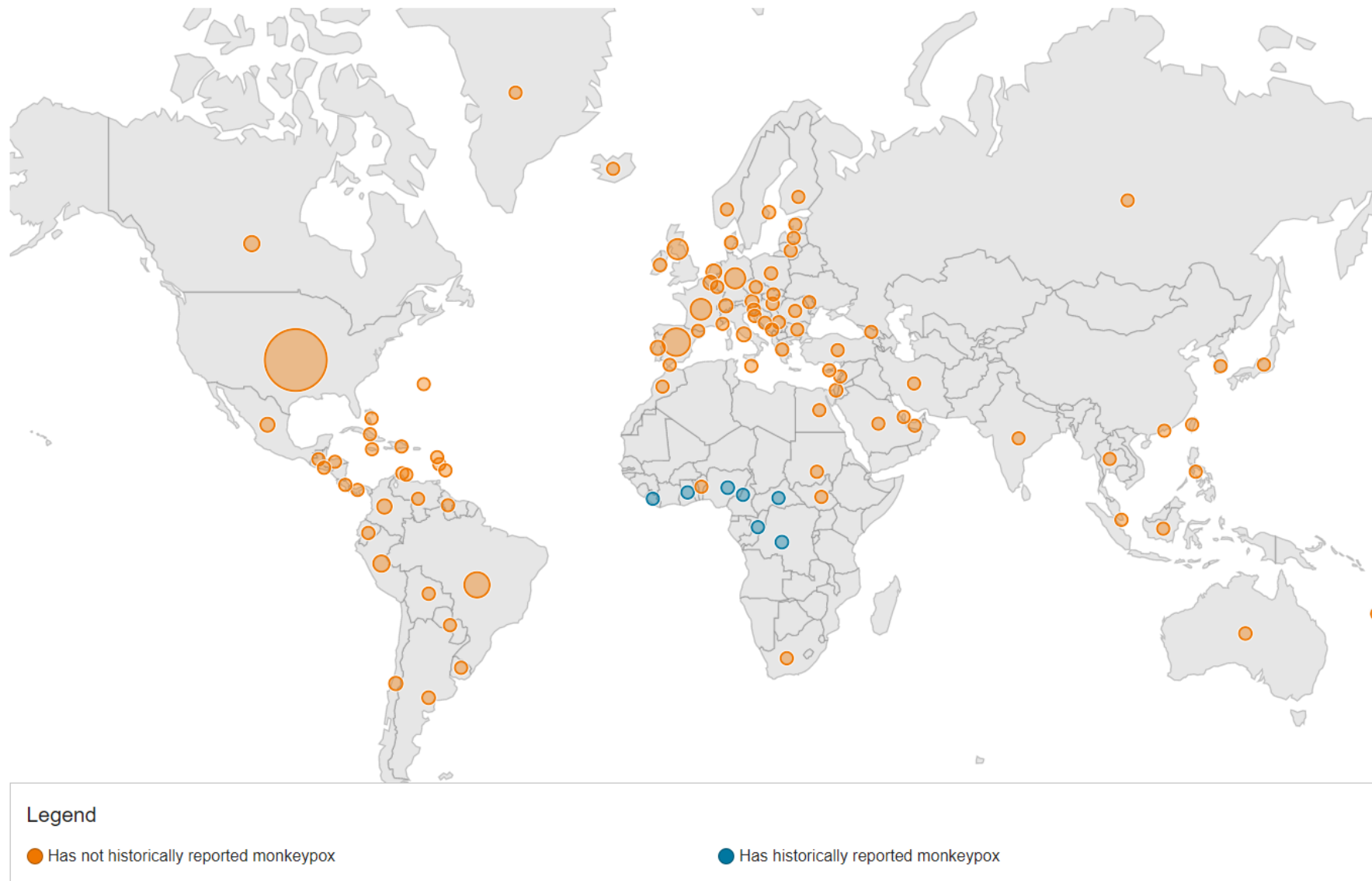
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- The World Health Organization characterized the global monkeypox outbreak as a public health emergency of international concern (PHEIC) on 23 July 2022.
- As of 9 September, 57,104 laboratory-confirmed cases of monkeypox are reported in 102 countries or regions with 18 deaths reported globally.
- As of 9 September, the United States is reporting 21,894 confirmed cases across every state as well as the District of Columbia, and Puerto Rico; no deaths are reported.
- As of 9 September, Canada reports a total of 1,321 confirmed cases in 9 provinces and territories; no deaths are reported.
- WHO continues to closely monitor and respond to the outbreak and support international coordination and information sharing with the Member States and partners. Clinical and public health incident response have been activated by Member States to coordinate comprehensive case finding, contact tracing, laboratory investigation, supported isolation, clinical management, implementation of infection prevention and control measures, risk communication and community engagement, and vaccination activities, as well as support ongoing epidemiological and countermeasures research.
- The infection continues to spread, but because transmission requires close personal contact, the rate is much slower than that of SARS-CoV-2 virus (the coronavirus that causes COVID-19) and causes fewer cases.
- Recently issued [CDC](#) and [PHAC](#) guidance should be followed where it is relevant.

Geographic distribution of confirmed cases of monkeypox (1 January 2022 to 04 September 2022)

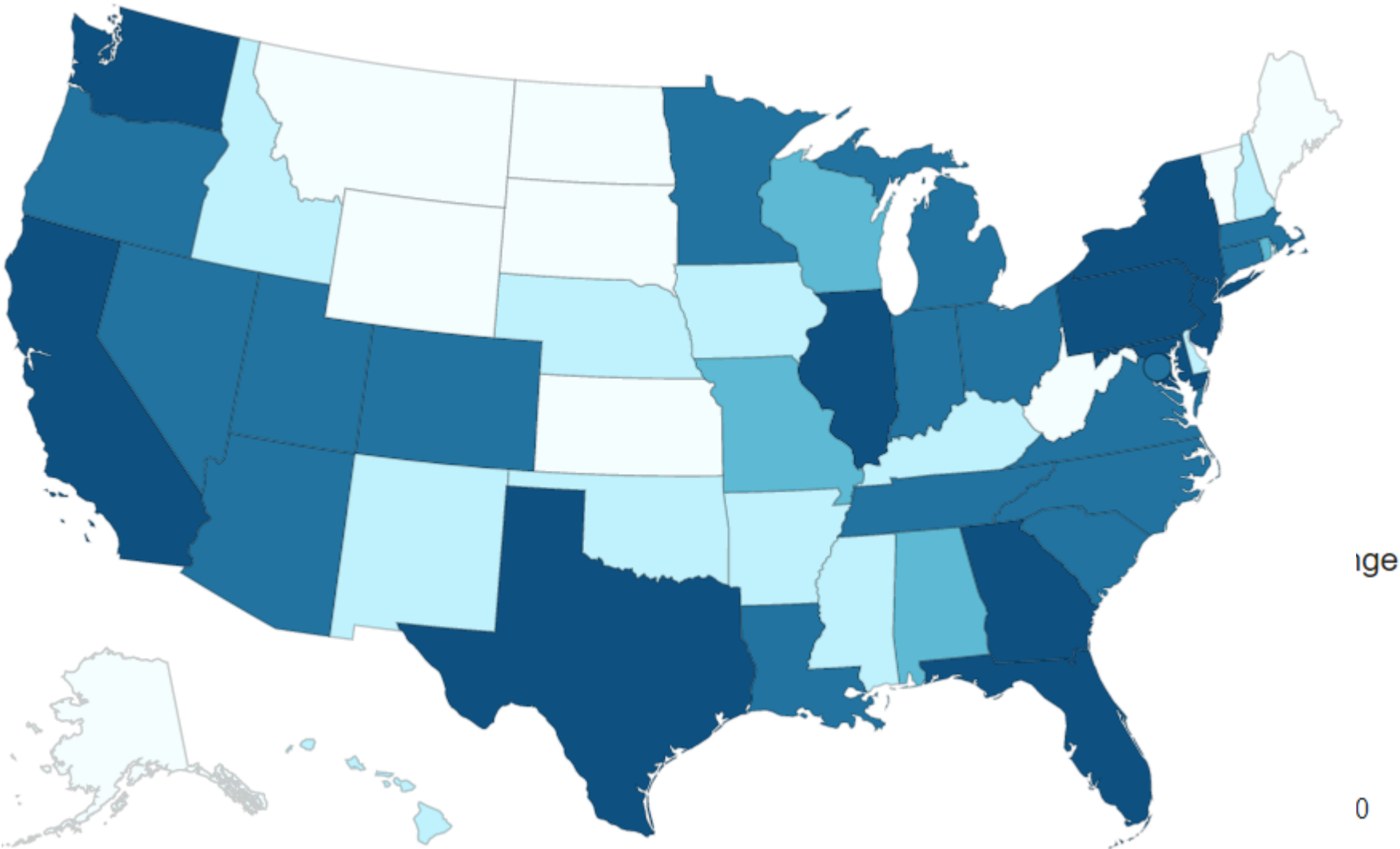


Source: World Health Organization

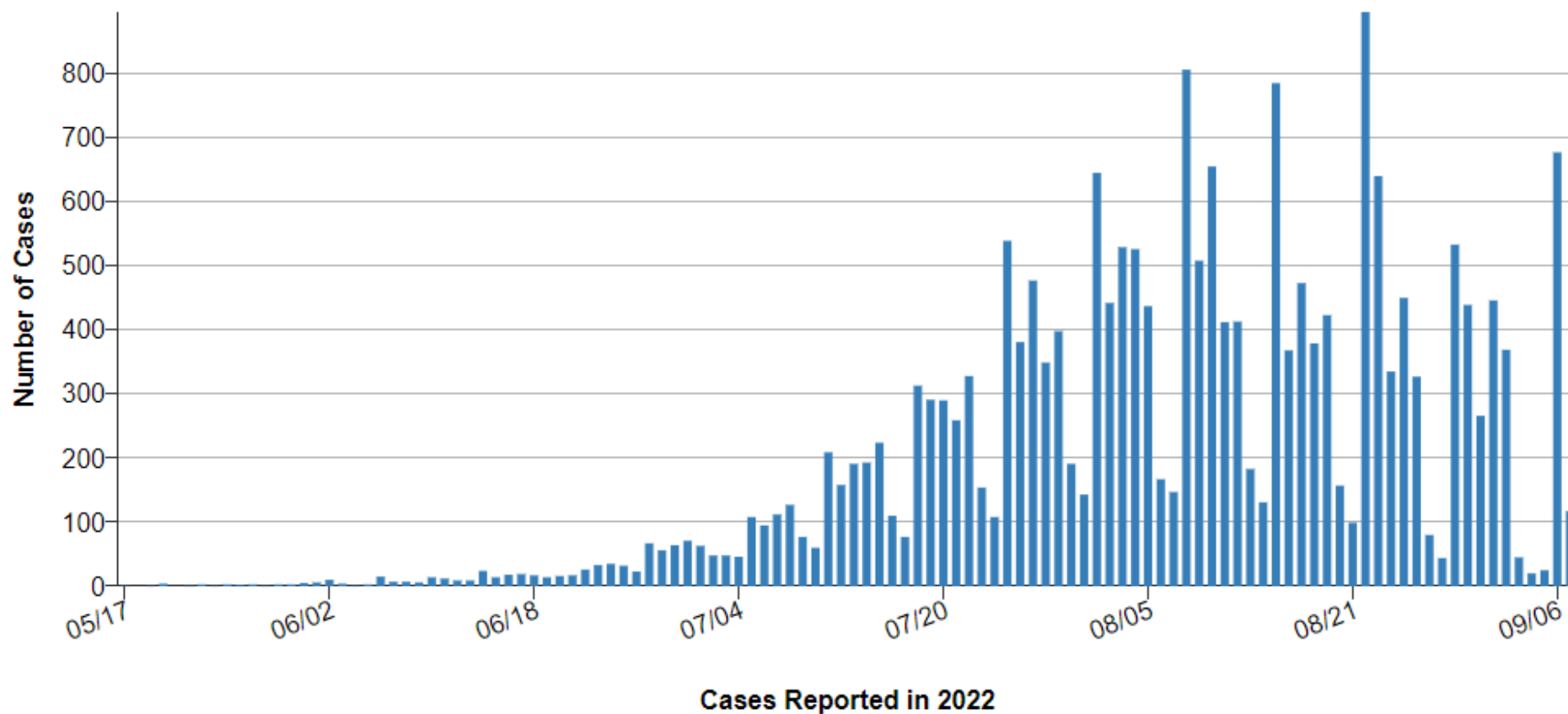
Countries, territories, or areas with reported confirmed cases of monkeypox

Source: CDC

States reporting cases of COVID-19 to CDC

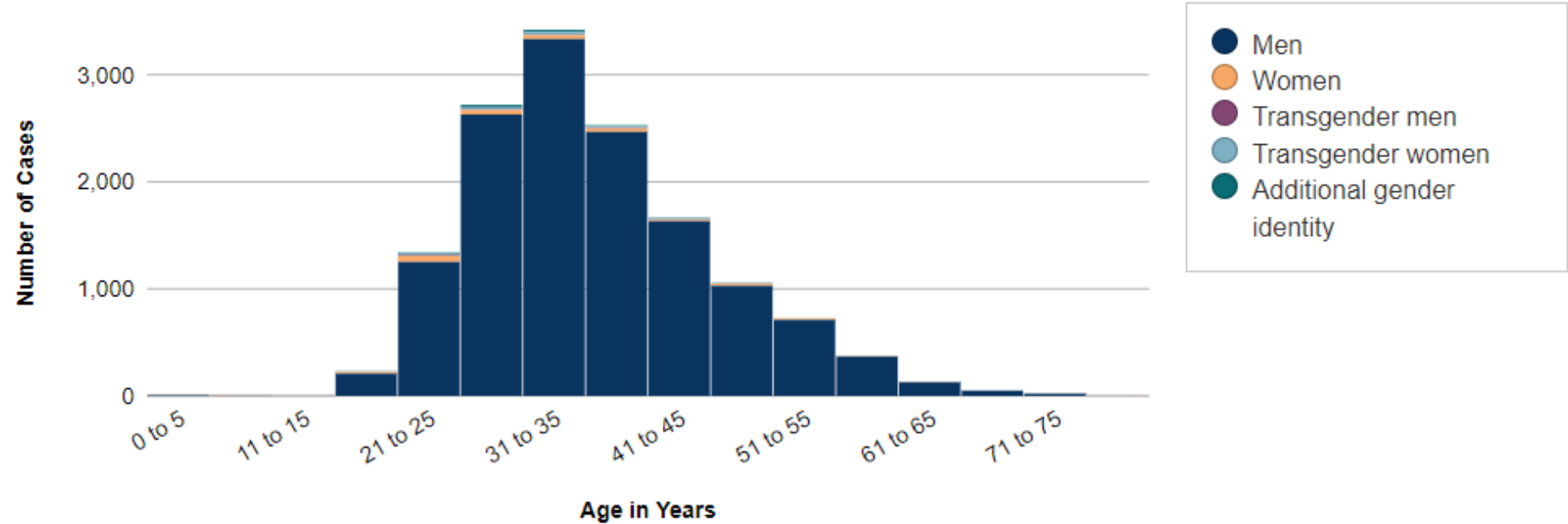


Source: CDC

U.S. monkeypox case trends reported to CDC

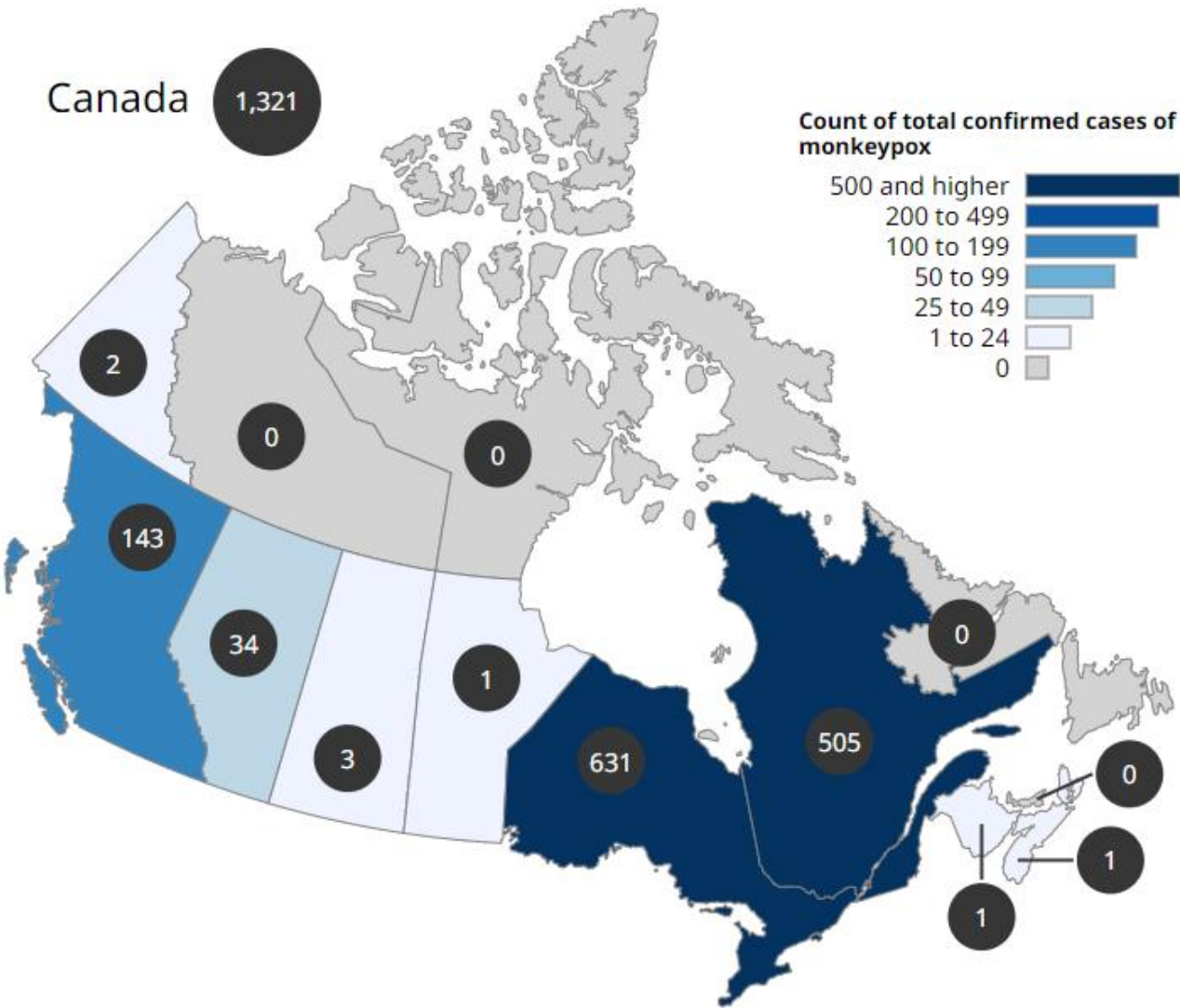
Source: CDC

U.S. monkeypox cases reported to CDC: Age and Gender

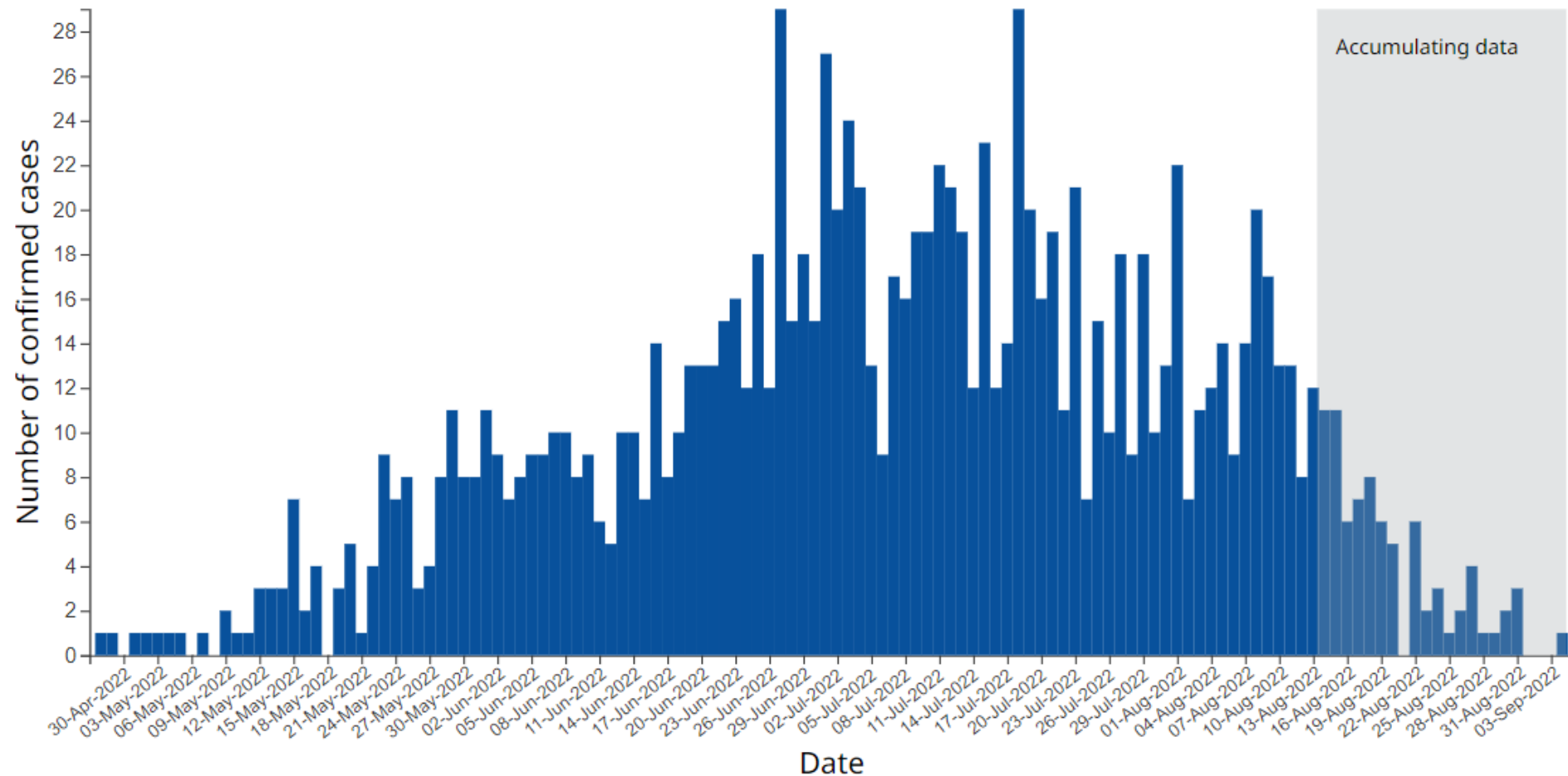


Source: CDC

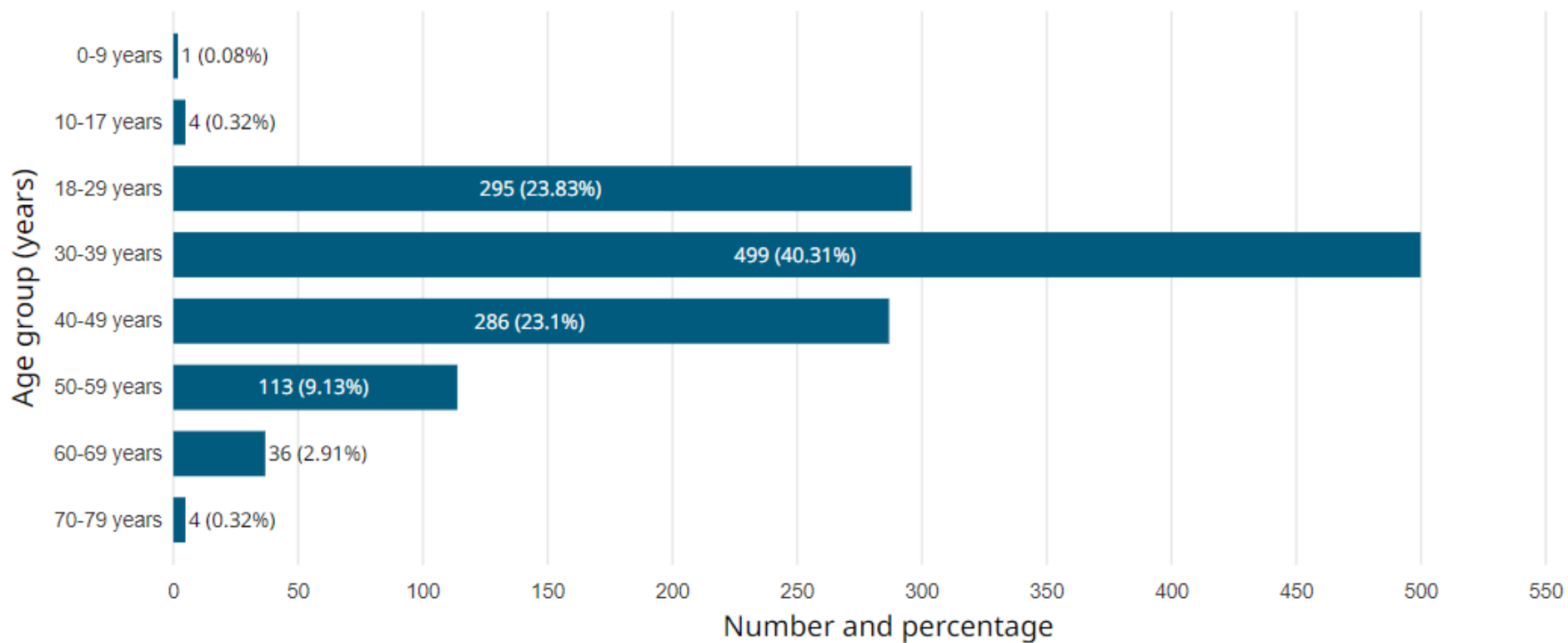
Total count of confirmed cases of monkeypox by province or territory



Source: Government of Canada

Total number of confirmed monkeypox cases in Canada (to 30 August 2022)

Source: Government of Canada

Age distribution of confirmed monkeypox cases in Canada

Source: Government of Canada

Summary

Monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients, although it is clinically less severe.¹ The disease has been endemic in some countries—primarily in central and west Africa— however it is now spreading more widely around the world prompting the World Health Organization to declare a global health emergency.² WHO characterized the global monkeypox outbreak as a public health emergency of international concern (PHEIC) on 23 July 2022.

Key Facts³

- Vaccines used during the smallpox eradication program also provided protection against monkeypox. Newer vaccines have been developed of which one has been approved for prevention of monkeypox.
- Monkeypox is caused by the monkeypox virus, a member of the Orthopoxvirus genus in the family Poxviridae.
- Monkeypox is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks. Severe cases can occur. In recent times, the case fatality ratio has been around 3–6%.
- Monkeypox is transmitted to humans through close contact with an infected person or animal, or with material contaminated with the virus.
- Monkeypox virus is transmitted from one person to another by close contact with lesions, body fluids, respiratory droplets and contaminated materials such as bedding.
- Monkeypox is a viral zoonotic disease that occurs primarily in tropical rainforest areas of central and west Africa and is occasionally exported to other regions.
- An antiviral agent developed for the treatment of smallpox has also been licensed for the treatment of monkeypox.
- The clinical presentation of monkeypox resembles that of smallpox, a related orthopoxvirus infection which was declared eradicated worldwide in 1980. Monkeypox is less contagious than smallpox and causes less severe illness.
- Monkeypox typically presents clinically with fever, rash and swollen lymph nodes and may lead to a range of medical complications.

¹ <https://www.who.int/news-room/fact-sheets/detail/monkeypox>

² <https://www.hopkinsmedicine.org/health/conditions-and-diseases/monkeypox>

³ <https://www.who.int/news-room/fact-sheets/detail/monkeypox>

Transmission⁴

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions.

This direct contact can happen during intimate contact, including:

- Oral, anal, and vaginal sex or touching the genitals or anus of a person with monkeypox.
- Hugging, massage, and kissing.
- Prolonged face-to-face contact.
- Touching fabrics and objects during sex that were used by a person with monkeypox and that have not been disinfected, such as bedding, towels, fetish gear, and sex toys.

A person with monkeypox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2–4 weeks.

Signs & Symptoms⁵

Monkeypox symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later. Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.

The infection can be divided into two periods:

- the invasion period (lasts between 0–5 days) characterized by fever, intense headache, swelling of the lymph nodes, back pain, muscle aches and intense lack of energy.
- the skin eruption usually begins within 1–3 days of appearance of fever. The rash tends to be more concentrated on the face and extremities rather than on the trunk. It affects the face (in 95% of cases), and palms of the hands and soles of the feet (in 75% of cases). Also affected are oral mucous membranes (in 70% of cases), genitalia (30%), and conjunctivae (20%), as well as the cornea. The rash evolves sequentially from macules (lesions with a flat base) to papules (slightly raised firm lesions), vesicles (lesions filled with clear fluid), pustules (lesions filled with yellowish fluid), and crusts which dry up and fall off. The number of lesions varies from a few to several thousand. In severe cases, lesions can coalesce until large sections of skin slough off.

⁴ <https://www.cdc.gov/poxvirus/monkeypox/if-sick/transmission.html>

⁵ <https://www.who.int/news-room/fact-sheets/detail/monkeypox>

CDC Preventive Guidance⁶

How Can We Protect Ourselves?

Take the following three steps to prevent getting monkeypox:

Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.

- Do not touch the rash or scabs of a person with monkeypox.
- Do not kiss, hug, cuddle or have sex with someone with monkeypox.

Avoid contact with objects and materials that a person with monkeypox has used.

- Do not share eating utensils or cups with a person with monkeypox.
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.

Wash your hands often.

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.

If You Think You Have Been Exposed

There is no treatment specifically for monkeypox. Because the viruses that cause monkeypox and smallpox are closely related, drugs and vaccines developed to treat and protect against smallpox may be effective for monkeypox.

However, the type of treatment for a person with monkeypox will depend on how sick someone gets or whether they're likely to get severely ill. Most people with monkeypox recover fully within 2 to 4 weeks without the need for medical treatment.

Some people, like those with a weakened immune system or genital or rectal rashes, may need treatment. Drugs used to treat monkeypox require a prescription and must be requested by a healthcare provider through the local or state health department.

Self-care⁷

- Use gauze or bandages to cover the rash to limit spread to others and to the environment.
- Don't lance (pop) or scratch lesions from the rash. This does not speed up recovery and can spread the virus to other parts of the body, increase the chance of spreading the virus to others, and possibly cause the open lesions to become infected by bacteria.
- Do not shave the area with the rash until the scabs have fallen off and a new layer of skin has formed. Shaving can spread the virus and cause more lesions.

⁶ <https://www.cdc.gov/poxvirus/monkeypox/prevention/protect-yourself.html>

⁷ <https://www.cdc.gov/poxvirus/monkeypox/if-sick/what-to-do.html>

- Keep skin lesions/rash clean and dry when not showering or bathing.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.
- If you have rash on your hands, be careful when washing or using sanitizer so as not to irritate the rash.
- If you have rash on your hands, wear gloves that are non-irritating when handling common objects or touching surfaces in shared spaces. If you can, use disposable gloves that can be discarded after each use (e.g., latex, polyurethane, or nitrile gloves). Reusable gloves should be washed with soap and water between use.
- Wear a well-fitting mask around other people until the rash and all other symptoms have resolved.
- Eat healthy and get plenty of rest to allow your body to heal.

Diligence, Prevention, & Mitigation are Key

If you have monkeypox, you are advised to stay at home (isolate) if you have monkeypox symptoms, including until your monkeypox rash has healed and a new layer of skin has formed. Staying away from other people and not sharing things you have touched with others will help prevent the spread of monkeypox. Monkeypox can also spread to animals, so staying away from pets, livestock and other animals is important.

Not every person has the same ability or resources to remain at home for a long period of time. CDC provides [options](#) for how to prevent spreading monkeypox to others, organized by the risk of spread. Whenever possible, higher risk options should be avoided, and the lowest risk options should be followed.

If you have been diagnosed with monkeypox, it's important to notify your close contacts that they may have been exposed to monkeypox as soon as possible, so they can watch for signs and symptoms, get tested and isolate if they have symptoms, and consider getting vaccinated.

HUB International is monitoring developments in order to offer assistance and guidance to our clients as they weigh their potential responses to this developing situation.

Please reach out to your local HUB service team if you have any questions or if we can be of any assistance.

For Additional Information:

World Health Organization

[World Health Organization: Monkeypox](#)

Centers for Disease Control and Prevention

[CDC: Monkeypox](#)

[Getting Health Care During Travel](#)

Public Health Agency of Canada

[PHAC Monkeypox epidemiology update](#)