

MPOX (Monkeypox)

What is MPOX?

MPOX, formerly known as Monkeypox, is a viral disease caused by the MPOX virus. Although initially identified in animals, MPOX has become a concern for human health. The disease is characterized by symptoms such as fever, rash, and swollen lymph nodes, and it can lead to various complications.



Types of MPOX

MPOX has two primary types:

- **West African MPOX:** This is the more common and less severe form, with a lower mortality rate.
- **Central African MPOX:** Also known as Congo Basin MPOX, this type is associated with a higher severity and mortality rate.

Symptoms of MPOX

MPOX typically begins with flu-like symptoms, including:

- Fever
- Headache
- Muscle aches
- Backache
- Chills
- Exhaustion

This is followed by a rash that usually starts on the face and spreads to other areas of the body. The rash progresses through several stages:

- Macules (flat, discolored spots)
- Papules (small, raised bumps)
- Vesicles (fluid-filled blisters)
- Pustules (pus-filled lesions)
- Scabs

How long do mpox symptoms last?

Typically, mpox symptoms start within 21 days of exposure to the virus. If you have flu-like symptoms, you will likely develop a rash 1–4 days later. If you have symptoms, such as a rash, visit a healthcare provider.

A person with mpox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.

Transmission

MPOX is transmitted among humans primarily through:

- Close physical contact with lesions or bodily fluids of an infected person.
- Contact with contaminated materials such as bedding or clothing used by an infected person.
- Prolonged exposure to respiratory droplets in close face-to-face interactions.

Prevention Measures

To reduce the risk of MPOX transmission, consider the following measures:

- Avoid close contact with individuals exhibiting MPOX symptoms.
- Maintain good hygiene practices, including frequent hand washing with soap and water.
- Use personal protective equipment (PPE) when caring for infected individuals.
- Properly clean and disinfect surfaces and materials that may have been contaminated.

If You Suspect MPOX

If you suspect you may have MPOX or are experiencing symptoms:

- Seek medical attention immediately.
- Inform your healthcare provider of any recent exposure to someone with MPOX or symptoms of the disease.
- Adhere to public health guidelines and stay updated on the latest recommendations.

Current Statistics in Pakistan

As of 28th August 2024, Pakistan has reported 3 confirmed cases of MPOX. The majority of cases have been identified in Khyber Pakhtunkhwa with ongoing monitoring and response efforts by health authorities to control the spread of the disease.

Daily Situation Report – Pakistan											
Mpx											
August 27, 2024											
Suspected and Confirmed Cases of Mpx since 1 st January, 2024									Travelers Screened at Points of Entry in last 24 hours		18486
Province/Region	Suspected cases		Lab tests		Confirmed cases		Deaths		Cumulative travelers Screened (as of 15 th August, 2024)	234678	
	New (last 24 hours)	Total	last 24 hours	Total	last 24 hours	Total	last 24 hours	Total			
ICT	00	13	00	13	00	00	00	00	Number of flights	136	
Punjab	00	04	00	04	00	00	00	00	Suspected at Points of Entry	00	
Sindh	00	00	00	00	00	00	00	00	Number of designated hospitals across country	12	
KP	00	05	00	05	00	03	00	00	Total no. of beds allocation	142	
Balochistan	00	04	01	05	00	00	00	00	Number of beds occupied	00	
AJK	00	01	00	00	00	00	00	00	New admission in last 24 hours	00	
GB	00	00	00	00	00	00	00	00	Total no. of admissions	00	
Total	01	27	01	27	00	03	00	00			

- A total of 09 cases with 1 death were reported during year 2023.
- All cases are identified as Mpx –Clade IIb with travel history to Gulf Countries till date.
- WHO declared Mpx as PHEIC on 14th August, 2024.

Testing Facility

For individuals seeking testing, the National Institute of Health (NIH) in Islamabad provides MPOX testing free of charge. This service supports early detection and appropriate management of the disease. To schedule a test or for further inquiries, please contact NIH +92 (51) 9255110.

Current Status and Updates

Stay informed about the latest developments regarding MPOX by referring to our Latest Updates section or by contacting our office.

Contact Us

For more information or concerns related to MPOX, please contact the Islamabad Healthcare Regulatory Authority (IHRA) at 051-9199902