

Monkeypox

Monkeypox is a rare infection that's mainly spread by wild animals in parts of West or Central Africa. The risk of catching it in the UK is low.

How you get Monkeypox

Monkeypox can be caught from infected wild animals in parts of west and central Africa. It's thought to be spread by rodents, such as rats, mice and squirrels. You can catch monkeypox from an infected animal if you're bitten or you touch its blood, body fluids, spots, blisters or scabs. It may also be possible to catch monkeypox by eating meat from an infected animal that has not been cooked thoroughly, or by touching other products from infected animals (such as animal skin or fur).

Monkeypox can also be spread through:

- Touching clothing, bedding or towels used by someone with the Monkeypox rash
- Touching Monkeypox skin blisters or scabs
- The coughs and sneezes of a person with the Monkeypox rash

Monkeypox in the UK

Only a small number of people have been diagnosed with monkeypox in the UK.

You're extremely unlikely to have monkeypox if:

- You have not recently travelled to West or Central Africa
- You have not been in close contact with someone who has Monkeypox (such as touching their skin or sharing bedding)

Things you can do to avoid getting monkeypox

Although monkeypox is rare, there are things you can do to reduce your risk of getting it.

Do wash your hands with soap and water regularly or use an alcohol-based hand sanitiser

Do only eat meat that has been cooked thoroughly

Do not go near wild or stray animals, including dead animals

Do not go near any animals that appear unwell

Do not eat or touch meat from wild animals (bush meat)

Do not share bedding or towels with people who are unwell and may have monkeypox

Do not have close contact with people who are unwell and may have monkeypox

Symptoms of monkeypox

If you get infected with monkeypox, it usually takes between 5 and 21 days for the first symptoms to appear.

The first symptoms of monkeypox include:

- A high temperature
- A headache
- Muscle aches
- Backache
- Swollen glands
- Shivering (chills)
- Exhaustion

A rash usually appears 1 to 5 days after the first symptoms. The rash often begins on the face, then spreads to other parts of the body. The rash is sometimes confused with chickenpox. It starts as raised spots, which turn into small blisters filled with fluid. These blisters eventually form scabs which later fall off. The symptoms usually clear up in 2 to 4 weeks.

Treatment for Monkeypox

You should self-isolate if you're diagnosed with monkeypox or awaiting specific monkeypox test results. Do not share bedding or towels.

Treatment for monkeypox aims to relieve symptoms. The illness is usually mild and most people recover in 2 to 4 weeks. Use paracetamol for any fever or discomfort and keep well hydrated.

If you develop any loss of vision, worsening shortness of breath, episodes of collapse or confusion, seek further medical advice by dialling 111

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743