

MEMBER ALERT



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OUTBREAKS OF MONKEYPOX

Multiple cases of monkeypox have recently been identified in countries where it is not an endemic disease.

What is monkeypox?

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. With the eradication of smallpox in 1980 and subsequent cessation of smallpox vaccination, monkeypox has emerged as the most significant orthopoxvirus from a public health perspective. Monkeypox primarily occurs in central and west Africa, often in proximity to tropical rainforests, and has been increasingly appearing in urban areas. Animal hosts include a range of rodents and non-human primates.

Monkeypox symptoms

Symptoms of monkeypox can include:

- Fever.
- Headache.
- Muscle aches and backache.
- Swollen lymph nodes.
- Chills.
- Exhaustion.
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough).
- A rash that may be located on or near the genitals, hands, feet, chest, face, or mouth. The rash goes through several stages, including scabs, before healing. The rash can look like pimples or blisters and may be painful or itchy.

Those infected may experience all or only a few symptoms, as follows:

- Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.
- Most people with monkeypox will get a rash.
- Some people develop a rash before (or without) other symptoms.

Monkeypox symptoms usually start within three weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash one to four days later.

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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 two to four weeks.

Prevention against monkeypox

Vaccinations against monkeypox are available. Members should consider the risk of exposure of their shipboard personnel to make an informed decision as to whether they should consider a monkeypox vaccination policy. Other preventative measures should include:

- Avoiding close, skin-to-skin contact with people who have a rash that looks like monkeypox, with the imperatives:
 - Do not touch the rash or scabs of a person with monkeypox.
 - Do not kiss, hug, cuddle or have sex with someone with monkeypox.
- Avoiding contact with objects and materials that a person with monkeypox has used, with the imperatives:
 - 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.
- Washing hands often with soap and water or using an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.
- In Central and West Africa, avoiding contact with [animals that can spread the monkeypox virus](#), usually rodents and primates. Also, avoiding sick or dead animals, as well as bedding or other materials they have touched.

Additional information

Members are advised to follow the guidance of the US Centers for Disease Control and Prevention (CDC). Up-to-date travel notices regarding monkeypox outbreaks can be found at:

<https://wwwnc.cdc.gov/travel/notices/alert/monkeypox>.

Members are reminded that the Club maintains up-to-date information regarding outbreaks of infectious diseases affecting the maritime industry at:

https://www.american-club.com/page/infectious_diseases.

Your Managers recommend that Members take note of this information and be guided accordingly.