

Public awareness of Monkeypox prevention and control (2024 Edition) Chapter3

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How should caregivers protect themselves when caring for monkeypox patients at home?

Caregivers providing close care to monkeypox patients should wear surgical masks, disposable latex gloves, etc. After contact with the patient or their belongings, they should wash their hands promptly. The patient's room should be ventilated, cleaned, and disinfected daily. At the same time, caregivers should monitor their own health and seek medical attention promptly if any abnormal symptoms arise.

How should objects, places, and environments potentially contaminated by monkeypox patients be disinfected?

Monkeypox virus is resistant to dryness and low temperatures and can survive on surfaces such as scabs, soil, clothing, and bedding for several months. The virus is heat-sensitive and can be inactivated by heating to 56 °C for 30 min or to 60 °C for 10 min. Common disinfectants and ultraviolet light are also effective in inactivating the virus. For hand disinfection, it is recommended to use hand sanitizer and to rub both hands thoroughly. For the environment and surfaces, chlo-

rine-based disinfectants should be used.

How should the close contacts of monkeypox patients manage themselves?

The close contacts of confirmed monkeypox patients should undertake 21 days of self-health monitoring under the guidance of professionals from disease control centers. During this period, they should avoid close contact with others, including sexual activity, and refrain from blood donation. Temperature measurements and symptom monitoring should be undertaken daily. If symptoms such as rash, fever, or lymphadenopathy appear, medical attention should be sought promptly, and the patient's exposure history should be disclosed to the healthcare provider. During visits to hospital, they should wear a surgical mask, long-sleeved clothing, and long pants to cover any damaged skin, and should avoid using public transportation whenever possible.

Can monkeypox be avoided in daily life?

Take responsibility for your health, understand the prevention and control of monkeypox, strengthen your awareness of self-protection, reduce high-risk behav-

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iors, and minimize the risk of transmission. Avoid contact with wild or unknown rodents, monkeys, and other primates in daily life. When traveling to monkeypox-endemic areas, one should check the monkeypox situation at the destination beforehand, take proper personal protective measures, avoid contact with local wildlife, and refrain from close contact with monkeypox patients or individuals with suspicious symptoms. Comply with national entry and exit management regulations and cooperate with quarantine and inspection procedures.

What precautions should be taken when returning to the country (entry) from a monkeypox-endemic area?

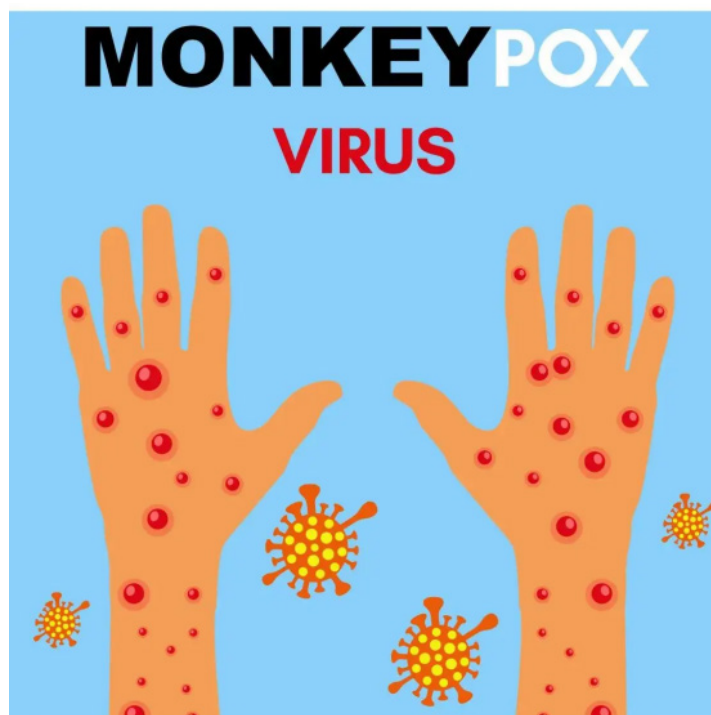
Individuals from countries (regions) where monkeypox outbreaks have occurred, who have had contact with monkeypox patients, or who show symptoms such as fever, headache, back pain, muscle aches, lymphadenopathy, rash, or mucosal rashes, should voluntarily declare this to customs upon entry and cooperate with

customs officers to implement medical quarantine procedures as required. Other individuals should monitor their health after entry, and if they experience symptoms such as fever, rash, or lymphadenopathy, they should seek medical attention promptly and inform their healthcare providers of their travel history to monkeypox-endemic areas.

What are the channels for accessing authoritative information on monkeypox?

You can visit the websites and public accounts of the China Centers for Disease Control and Prevention (CDC) and local CDCs to access authoritative information on monkeypox outbreaks and prevention, to acquire knowledge and skills for controlling monkeypox, to understand the risks of the disease scientifically, and to avoid panic.

(Original Chinese article from Infectious Disease Prevention and Control Department, National Disease Control and Prevention Administration)



Monkeypox virus-infected individuals and infected animals are the main sources of infection. (Page from https://www.sohu.com/a/801339425_121124456)