



Monkeypox Recognition and Prevention Guideline

Wrestlers are at higher risk of skin infections because of body contact. A new outbreak of Monkeypox disease has triggered significant concerns due to its rapid spread and difficult treatment. Monkeypox is a viral disease usually occurring in west and central Africa. Since January 2022, the disease has appeared in many countries where it has previously not existed. Currently, more than 19000 cases of the illness and several deaths have been confirmed.

Symptoms

Flu-like symptoms can appear 5 - 21 days after exposure: fever, headache, exhaustion, muscle ache and backache. A few days later, rash and lesions occur on the face, neck, hands, and inside the mouth, typically spreading all over the body. In some cases, the rash may be only present in the genital or pre-genital area.



Transmission

Monkeypox spreads through:

- Close, skin-to-skin contact, including sexual contact or contact with body fluids of an infected person.
- Touching contaminated objects, such as bedding, towels, and clothes.
- Respiratory droplets during close, prolonged face-to-face contact.

What to do if you suspect you have monkeypox?

Inform your healthcare provider if you develop a rash and experience flu-like symptoms. Note that sometimes rash can appear as the only symptom of the disease.



What to do if your test is positive?

If you test positive for monkeypox, you need to isolate yourself as long as the skin changes are present and follow all the recommendations from your physician.

How to protect yourself?

- Avoid contact with people who may be infected with monkeypox.
- Avoid contact with contaminated objects and surfaces.
- Wash your hands routinely with soap and water or use an alcohol-based hand sanitizer.
- Practice safe sex.
- Use personal protective equipment when you nurse sick people or when you cannot avoid close contact with them.