Monkeypox re-emergence in Nigeria, and two cases in the UK from patients with a recent travel history from Nigeria.

Sources:

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Two people have been recently diagnosed (Sept 2018) with monkeypox in Britain in apparently unrelated cases. Both patients are believed to have contracted the disease in Nigeria before traveling to England, and were diagnosed days apart. Public Health England (PHE) stated that there is no known UK link between the two patients.

Since the re-emergence of monkeypox in Nigeria in September 2017, Nigeria Centre for Disease Control (NCDC) has continued to receive reports and respond to cases of the disease from states across the country. Between September 2017 when the outbreak started and 31 Aug 2018, a total of 262 suspected cases had been reported from 26 states. Of these, 113 have been confirmed in 16 states with 7 deaths. The highest number of cases have been reported from states in the South-South region of Nigeria.

Monkeypox is a virus that is spread primarily from animals to humans, with symptoms such as fever, headache, body pain, malaise, lymphadenopathy, sore throat and a generalized vesicular rash. This may last for 2-4 weeks. Monkeypox is most commonly a mild, self-limiting disease, with no long-term effects on a person’s health. This infection can be transmitted through direct contact with infected animals, human, or contaminated materials; however, this virus does not spread easily between people and the risk of transmission to the wider public is very low. Control measures in the healthcare settings include isolation of suspected or confirmed cases, strict adherence to universal precautions, especially frequent handwashing with soap and water and the use of personal protective equipment.

Guidelines on the management of monkeypox cases and outbreaks can be found on the NCDC’s website (https://ncdc.gov.ng/themes/common/docs/protocols/50_1508912430.pdf).

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