

 <p>सर्वजनिक आरोग्य विभाग महाराष्ट्र शासन</p>	 <p>सत्यमेव जयते</p> <p><b>महाराष्ट्र शासन</b> <b>आरोग्य सेवा संचलनालय, पुणे कार्यालय</b></p>	 <p>NATIONAL HEALTH MISSION MAHARASHTRA NHM राष्ट्रीय आरोग्य अभियान महाराष्ट्र</p>
<p>संचालक दूरध्वनी क्रमांक कार्यालय दूरध्वनी क्रमांक</p>	<p>२६१२२२५६(वै.) २६१२२५०८ (का) २६११९५७८ (का)</p>	<p>नविन मध्यवर्ती ईमारत पहिला मजला पुणे ४११००१ (महाराष्ट्र राज्य) Email ID : <a href="mailto:ssumaharashtra@gmail.com">ssumaharashtra@gmail.com</a> website : <a href="http://arogya.maharashtra.gov.in">arogya.maharashtra.gov.in</a></p>
<p>आरोग्य सेवा</p>	<p>जा.क्र. संआसे/आयडीएसपी/मंकीपॉक्स/२४५५८-६६९/२०२४ दिनांक: १९ ऑगस्ट २०२४</p>	

**अत्यंत महत्वाचे**

प्रति,

- उपसंचालक, आरोग्य सेवा मंडळ.....(सर्व)  
कार्यकारी आरोग्य अधिकारी, ब्रुहनमुंबई, महानगरपालिका, मुंबई  
वैद्यकीय आरोग्य अधिकारी, महानगरपालिका .....(सर्व)  
जिल्हा आरोग्य अधिकारी, जिल्हा परिषद.....(सर्व)  
जिल्हा शल्य चिकित्सक, जिल्हा..... (सर्व)

**विषय:** मंकीपॉक्स आजार

सर्वेक्षण, प्रतिबंध आणि नियंत्रण उपाययोजना करणेबाबत.

**संदर्भ:** महासंचालक आरोग्य सेवा, भारत सरकार यांनी दिनांक १८ ऑगस्ट २०२४ रोजी व्ही.सी. बैठकीमध्ये दिलेल्या सुचना

सद्या जगामध्ये विविध देशांत मंकीपॉक्स (Monkeypox) या विषाणूजन्य आजाराचा संसर्ग वाढत असल्याचे दिसून येत आहे. स्वीडन व पाकिस्तान या देशांनी मंकीपॉक्स (Monkeypox) बाधित रुग्ण नोंदवले आहेत. परिणामी मंकीपॉक्स संसर्गाचा वेग आणि रोगाचे तीव्रता लक्षात घेऊन केंद्रीय आरोग्य व कुटुंब कल्याण मंत्रालय दिल्ली यांनी दिनांक १८ ऑगस्ट २०२४ रोजी व्हीसी द्वारे घेतलेल्या मंकीपॉक्स या आजाराचा वेळीच प्रतिबंध करण्यासाठी मार्गदर्शक सूचनांचा अवलंब करण्याचे निर्देश दिले आहेत. त्या अनुषंगाने राज्यात मंकीपॉक्स (Monkeypox) सर्वेक्षण, प्रतिबंध आणि नियंत्रण उपाययोजना करणेबाबत खालील प्रमाणे सुचना देण्यात येत आहेत.

**मंकीपॉक्स (Monkeypox) आजार:**

मंकीपॉक्स हा आजार Orthopox या डीएनए प्रकारच्या विषाणूमुळे होतो. काही प्रकारचे खारी आणि उंदरांमध्ये हा विषाणू आढळतो. हे प्राणी या विषाणूचे नैसर्गिक स्त्रोत आहेत.

**अधिश्चयन कालावधी:**

६ ते १३ दिवस तथापि, हा कालावधी ५ ते २१ दिवसा पर्यंत असू शकतो.

### रुग्णाचा संसर्गजन्य कालावधी:

अंगावर पुरळ उमठण्यापूर्वी १ ते २ दिवसांपासून ते त्वचेवरील फोडांवरील खपल्या पडे पर्यंत किंवा ते पूर्णपणे मावळेपर्यंत, बाधित रुग्ण इतर व्यक्तींसाठी संसर्गजन्य असतो.

### मंकीपॉक्स या आजाराचा प्रसार कसा होतो?

#### (अ) माणसांपासून माणसाला होणारी लागण:-

- थेट शारीरिक संपर्क, शरीरद्रव, लैंगिक संपर्क किंवा जखम, घाव यातील स्त्राव,
- अप्रत्यक्ष संपर्क (Indirect Contact) बाधित व्यक्तीने वापरलेल्या कपड्यांमार्फत.
- जर खूप वेळ बाधित व्यक्तीचे संपर्क आला तर श्वसन मार्गातून बाहेर पडणाऱ्या मोठ्या थेंबा वाटे.

#### (ब) प्राण्यांपासून माणसाला लागण:

बाधित प्राणी चावल्यामुळे किंवा बाधित प्राण्याचे मांस न शिजवता खाण्यामुळे देखील या आजाराचा संसर्ग होऊ शकतो.

### मंकीपॉक्स रुग्णाची व्याख्या:

#### १. संशयित रुग्ण:

मागील ३ आठवड्यात मंकीपॉक्स बाधित देशांमध्ये प्रवास करून राज्यात आलेल्या व्यक्तींच्या शरीरावर अचानक पुरळ उठणे आणि खालीलपैकी एक किंवा अधिक लक्षणे/चिन्ह दिसणे:

- सुजलेल्या लसिका ग्रंथी
- ताप
- डोकेदुखी
- अंगदुखी
- प्रचंड थकवा

#### २. संभाव्य रुग्ण:

साथरोग शास्त्रीय संबंध (Epidemiological Link) असलेला वरील प्रकारचा संशयित रुग्ण (रुग्णाशी समोरासमोर संपर्क, त्वचेवरील पुरळाशी प्रत्यक्ष संपर्क, लैंगिक संपर्क किंवा रुग्णाच्या दूषित कपडे, अंथरणे, भांडी यांच्याशी संपर्क येणे याला साथरोग शास्त्रीय संबंध म्हटले जाते.)

#### ३. निश्चित निदान झालेला रुग्ण:

प्रयोगशाळेत पी.सी.आर चाचणी अथवा सिक्वेन्सिंगद्वारे ज्याचे निदान झाले आहे असा रुग्ण.

### मंकीपॉक्स सर्वेक्षण:

अ) मंकीपॉक्स सर्वेक्षणासाठी सोबत दिलेल्या व्याख्यांचा वापर करावा.

- १) मंकीपॉक्स एक बाधित रुग्ण देखील साथ रोग उद्रेक आहे.
- २) अशा प्रत्येक रुग्णाचे अन्वेषण शिघ्र प्रतिसाद पथकामार्फत करण्यात यावे.
- ३) मंकीपॉक्स संशयित रुग्णांचे प्रयोगशाळेत नमुने राष्ट्रीय विषाणू विज्ञान संस्था, पुणे यांना पाठवण्यात यावे (परिशिष्टामध्ये कोणते नमुने पाठवावे याबाबत माहिती देण्यात आली आहे)
- ४) प्रत्येक बाधित रुग्णाच्या निकट संपर्कातील व्यक्तीचे सर्वेक्षण करणे आवश्यक आहे.

५) ज्या शहरांमध्ये आंतरराष्ट्रीय विमानतळे/बंदरे आहेत तेथील आरोग्य विभागाने विमानतळ/बंदरे आरोग्य अधिकारी यांच्याशी नियमित समन्वय ठेवावा. मंकीपॉक्स संदर्भात विमानतळे आणि बंदरांवर सर्वेक्षण सुरु आहे याची खातरजमा करुन संशयित रुग्णांना विलगीकरणात उपचारासाठी आवश्यक यंत्रणा उभारावी.

६) मंकीपॉक्स सर्वेक्षणासाठी पुढील दोन बाबी महत्त्वाच्या आहेत

- रुग्णालयातील सर्वेक्षणामध्ये प्रत्येक रुग्णालयातील त्वचा व गुप्तरोग विभाग, मेडिसिन आणि बालरोग विभागातील सर्वेक्षणावर भर द्यावा. यासाठी गोवर, रुबेला सर्वेक्षण करणारी पथके यांचा सहभाग घ्यावा.
- राष्ट्रीय एड्स नियंत्रण कार्यक्रमातील जोखमीच्या लोकसंख्येच्या नियमित सर्वेक्षणातून महत्वपूर्ण माहिती मिळू शकते.

**मंकीपॉक्स आजाराची लक्षणे:**

सर्वसाधारणपणे मंकीपॉक्स हा सौम्य स्वरुपाचा आजार असून रोगी २ ते ४ आठवड्यात बरा होतो तथापि लहान मुलांमध्ये आणि इतर काही रुग्णांमध्ये तो गंभीर स्वरुप धारण करू शकतो. या आजाराचा मृत्यूदर सर्वसाधारणपणे ३ ते ६ टक्के इतका आहे.

**लक्षणे/चिन्हे:**

- ताप
- लसीका ग्रंथी सूज, (कानामागील काखेतील जागेतील लसिका ग्रंथींना सूज येणे)
- डोकेदुखी, अंगदुखी
- थंडी वाजणे, घाम येणे
- घसा खवखवणे आणि खोकला

कुपोषण, कृमी प्रादुर्भाव आणि प्रतिकारशक्ती कमी असलेल्या समुदायांमध्ये मंकीपॉक्स गंभीर स्वरुप धारण करू शकतो.

**मंकीपॉक्स सदृश्य इतर आजार:**

- कांजण्या.
- नागिण(हरपीज झोस्टर)
- गोवर.
- सिफिलीस
- हॅन्ड, फूट, माऊथ डिसीज इत्यादी.

**मंकीपॉक्स मध्ये होणारी गुंतागुंत:-**

१. इतर संसर्ग.
२. न्यूमोनिया, सेप्सिस, मेंदूतील गुंतागुंत.
३. दृष्टी पटलाचा संसर्ग (यामध्ये दृष्टी जाऊ शकते)

**प्रयोगशाळा निदान:**

१. संशयित मंकीपॉक्स रुग्णाचे नमुने घेताना पीपीई चा वापर करावा.

२.रक्त,रक्तद्रव,पुरळमधील द्रव आणि मूत्र हे नमुने निदानासाठी पाठवले जातात.(सविस्तर माहिती परिशिष्टामध्ये दिलेली आहे.)

३.राष्ट्रीय विषाणू विज्ञान संस्था पुणे येथे मंकीपॉक्स साठीचे प्रयोग शालेय नमुने पाठवणे आवश्यक आहे.

४. डॉ (श्रीमती) प्रग्या यादव (०२०-२६००११११) आणि डॉ (श्रीमती) रिमा सहाय (०२०-२६००१६०)एनआयव्ही पुणे मधील या तज्ञांचे मार्गदर्शन सॅम्पल पाठवताना घेण्यात यावे.

५.एनआयव्ही, पुणे येथे सॅम्पल पाठवताना आयडीएसपी महाराष्ट्र यांना [ssumaharashtra@gmail.com](mailto:ssumaharashtra@gmail.com) या ईमेलवर कळवावे

#### रुग्णव्यवस्थापन आणि विलगीकरण:

- मंकीपॉक्स रुग्णाला विलगीकरण कक्षात आणि घरच्या घरी वेगळ्या खोलीमध्ये ठेवणे आवश्यक आहे.या ठिकाणी स्वतंत्र वायू विजन(वेंटिलेशन) व्यवस्था असावी.
- रुग्णाने ट्रिपल लेयर मास्क लावणे आवश्यक आहे.
- रुग्णाच्या कातडीवरील पुरळ फोड नीट झाकले जावेत यासाठी त्याने लांब बाह्याचे शर्ट आणि पायघोळ पॅट वापराव्यात.
- जोपर्यंत रुग्णाच्या कातडीवरील पुरळ/फोड पूर्ण बरे होत नाहीत आणि त्यावरील खपल्या गळून जात नाहीत तो पर्यंत त्याला विलगीकरणात ठेवणे आवश्यक आहे.
- रुग्णाला लक्षणानुसार उपचार द्यावा पुरेशा प्रमाणात पाण्याचे प्रमाण घेईल याची दक्षता घ्यावी.
- रुग्णाला खालील प्रकारे गुंतागुंत निर्माण झाल्यास ताबडतोब तज्ञांचा सल्ला घ्यावा. अथवा त्याला संदर्भित करावे.
  - डोळ्यात वेदना अथवा द्रुष्टी अधू होणे.
  - श्वास घ्यायला त्रास होणे छातीत दुखणे.
  - शुध्द हरवणे/झटके येणे.
  - लघवीचे प्रमाण कमी होणे.
  - रुग्णाने तोंडावाटे काहीही अन्न पाणी न घेणे.
  - रुग्णास प्रचंड थकवा जाणवणे.

#### निकट सहवासितांचा शोध:-निकट सहवासीत कोणाला म्हणावे:

- जी व्यक्ती बाधित मंकीपॉक्स रुग्णाच्या लक्षणे सुरु होण्याच्या काळापासून त्याचे कातडीवरील फोड/पुरळ पूर्ण बरे होईपर्यंत खालील कोणत्या ना कोणत्या संपर्कात येते तिला बाधित रुग्णाची निकट सहवासीत म्हणून समजण्यात यावे.
- कोणतेही संरक्षण न घेता रुग्णाच्या समोरासमोर संपर्कात येणे उदा. पीपीई किट न घालता डॉक्टर व नर्सेस यांचा रुग्णाशी संपर्क येणे.
- प्रत्यक्ष शारीरिक संपर्क, लैंगिक संबंध,रुग्णाने वापरलेले कपडे,अंथरुन,पांघरुन यांच्याशी संपर्क येणे.मंकीपॉक्स बाधित रुग्णाच्या निकट सहवासितांचा शोध अत्यंत बारकाईने घेणे आवश्यक आहे.

घरी, कार्यालयामध्ये, शाळेमध्ये, प्रवास करणाऱ्या सहकाऱ्यांमध्ये, खेळ अथवा सार्वजनिक समारंभामध्ये कोणी रुग्णांच्या संपर्कात आले त्यांचा शोध घेणे आवश्यक आहे.

**निकट सहवासीतांचा सनियंत्रण:**

- निकट सहवासीतामध्ये मंकीपॉक्स सारखे काही लक्षणे आढळून येत आहेत का? हे पाहण्यासाठी बाधित रुग्णांशी त्याचा संपर्क आल्यापासून पुढील २१ दिवस दैनंदिन पाठपुरावा करणे आवश्यक आहे. त्याला ताप आला असेल तर त्याचा प्रयोगशाळा नमुना घेतला जावा.
- लक्षणे नसली तरी देखील या सर्वेक्षण कालावधीमध्ये निकट सहवासीताने रक्तदान, अवयव दान अशा बाबी करू नयेत.
- निकट सहवासी शाळकरी मुलांना सर्वेक्षण कालावधीमध्ये शाळेत जाऊ देऊ नये.

**मंकीपॉक्स न होण्यासाठी घ्यावयाची काळजी:**

मंकीपॉक्स टाळण्यासाठी जनजागृती करणे आवश्यक आहे. मंकीपॉक्सचा प्रसार रोखण्यासाठी पुढील काळजी घेणे आवश्यक आहे.

- संशयित मंकीपॉक्स रुग्णास वेळीच विलग करणे.
- रुग्णांच्या कपड्यांची अथवा अंथरुणा पांघरुणाची संपर्क येऊ न देणे.
- हातांची स्वच्छता ठेवणे.
- आरोग्य संस्थांमध्ये मंकीपॉक्स रुग्णावर उपचार करताना पीपीई किटचा वापर करणे.

मंकीपॉक्स आजाराचा प्रसार टाळणे म्हणजे त्या रुग्णाला वाळीत टाकणे नव्हे हे लक्षात घेणेदेखील आवश्यक आहे. रोगप्रसार टाळण्यासाठी आवश्यक खबरदारी घेऊन रुग्णाची निगा राखली जावे. या प्रकारे आपल्या कार्यक्षेत्रात मंकीपॉक्स सर्वेक्षण प्रतिबंध आणि नियंत्रण विषयक उपाययोजना अंमलात आणाव्यात. यासंदर्भात आपण केलेल्या कार्यवाही व उपाययोजनेबाबत या कार्यालयास अवगत करावे. आरोग्य व कुटुंब कल्याण मंत्रालय, नवी दिल्ली यांचेकडून प्राप्त झालेले Guidelines for Management of Monkeypox Disease सोबत जोडले आहे.

(डॉ. राधाकिशन पवार)

सहसंचालक आरोग्य सेव

(हिवताप, हत्तीरोग व जलजन्यरोग) पुणे-१

प्रत सविनय सादर:

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# GUIDELINES FOR MANAGEMENT OF MONKEYPOX DISEASE

Ministry of Health and Family Welfare

GOVERNMENT OF INDIA

## 1. Introduction

Monkeypox (MPX) is a viral zoonotic disease with symptoms similar to smallpox, although with less clinical severity. MPX was first discovered in 1958 in colonies of monkeys kept for research, hence the name 'monkeypox.' The first human case of monkeypox was reported from Democratic Republic of the Congo (DRC) in 1970.

Monkeypox Virus primarily occurs in Central and West Africa. In 2003, the first monkeypox outbreak outside of Africa was reported in the United States of America which was linked to contact with infected pet prairie dogs. These pets had been housed with Gambian pouched rats and dormice that had been imported into the country from Ghana.

### 1.1 Global Scenario

According to World Health Organization (WHO), in the present series of outbreaks being reported, this is the first time that chains of transmission are reported in Europe without known epidemiological links to West or Central Africa. Monkeypox has been reported as endemic in several other central and western African countries such as: Cameroon, Central African Republic, Cote d'Ivoire, Democratic Republic of the Congo, Gabon, Liberia, Nigeria, Republic of the Congo, and Sierra Leone. This has been also reported in certain non-endemic countries e.g. USA, UK, Belgium, France, Germany, Italy, Netherlands, Portugal, Spain, Sweden, Australia, Canada, Austria, Canary Islands, Israel and Switzerland.

**There are no reported cases of monkeypox virus in India till date as on 31<sup>st</sup> May 2022.** However, India needs to be prepared in view of the increasing reports of cases in non-endemic countries.

## 2. Epidemiology

### 2.1 Agent

Monkeypox virus (MPXV) is an enveloped double-stranded DNA virus that belongs to the *Orthopoxvirus* genus of the *Poxviridae* family. There are two distinct genetic clades of the monkeypox virus – the Central African (Congo Basin) clade and the West African clade. The Congo Basin clade has historically caused more severe disease and was thought to be more transmissible. The geographical division between the two clades has so far been in Cameroon - the only country where both virus clades have been found.

## 2.2 Host:

Natural reservoir is yet unknown. However, certain rodents (including rope squirrels, tree squirrels, Gambian pouched rats, dormice) and non-human primates are known to be naturally susceptible to monkeypox virus.

**2.3 Incubation period:** The incubation period (interval from infection to onset of symptoms) of monkeypox is usually from 6 to 13 days but can range from 5 to 21 days.

**2.4 Period of communicability:** 1-2 days before the rash to until all the scabs fall off/gets subsided.

## 2.5 Mode of transmission:

- Human-to-human transmission is known to occur primarily through large respiratory droplets generally requiring a prolonged close contact. It can also be transmitted through direct contact with body fluids or lesion material, and indirect contact with lesion material, such as through contaminated clothing or linens of an infected person.
- Animal-to-human transmission: may occur by bite or scratch of infected animals like small mammals including rodents (rats, squirrels) and non-human primates (monkeys, apes) or through bush meat preparation.

# 3. Case definition

## 3.1 Suspected case:

A person of any age having **history of travel to affected countries within last 21 days** presenting **with an unexplained acute rash AND** one or more of the following signs or symptoms

- Swollen lymph nodes
- Fever
- Headache
- Body aches
- profound weakness



### 3.2 Probable case:

A person meeting the case definition for a suspected case, clinically compatible illness and has an **epidemiological link** (face-to-face exposure, including health care workers without appropriate PPE; direct physical contact with skin or skin lesions, including sexual contact; or contact with contaminated materials such as clothing, bedding or utensils is suggestive of a strong epidemiological link).

### 3.3 Confirmed case:

A case which is laboratory confirmed for monkeypox virus (by detection of unique sequences of viral DNA either by **polymerase chain reaction (PCR) and/or sequencing**).

## 4. Surveillance Strategies

The aims of the proposed surveillance strategy are to rapidly identify cases and clusters of infections and the sources of infections as soon as possible in order to:

- a) isolate cases to prevent further transmission
- b) provide optimal clinical care
- c) identify and manage contacts
- d) protect frontline health workers
- e) effective control and preventive measures based on the identified routes of transmission.

### 4.1 Surveillance outline

- a) Use Standard Case Definitions by all District Surveillance Units (DSUs) under Integrated Disease Surveillance Programme (IDSP) and at Points of Entry (PoEs).
- b) Even one case of monkeypox is to be considered as an outbreak. A detailed investigation by the Rapid Response Teams need to be initiated through IDSP.
- c) Report any suspected case immediately to the DSU/State Surveillance Units (SSUs) and CSU (Central Surveillance Unit), which shall report the same to Dte. GHS MoHFW.
- d) Send the samples as per the guidelines to the designated laboratories.

### 4.2 The salient features include:

- a) Targeted surveillance for probable case or clusters.

- b) Initiate contact tracing and testing of the symptomatic after the detection of the probable/confirmed case.

#### 4.3 Core Surveillance Strategy

- a) **Hospital based Surveillance:** - Health facility-based surveillance & testing – in Dermatology clinics, STD clinics, medicine, paediatrics OPDs etc.
- b) **Targeted Surveillance:** This can be achieved by:
- i) Measles surveillance by Immunization division
  - ii) Targeted intervention sites identified by NACO for MSM, FSW population

#### 4.4 Reporting

Reporting of cases to be done in the format as placed in **Annexure 1**.

## 5. Clinical Features

Monkeypox is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks. Severe cases occur more commonly among children and are related to the extent of virus exposure, patient health status and nature of complications. The extent to which asymptomatic infection occurs is unknown. The case fatality ratio of monkeypox has historically ranged from 0 to 11% in the general population and has been higher among young children. In recent times, the case fatality ratio has been around 3-6%.

### 5.1 Common symptoms and signs

- Prodrome (0-5 days)
  - a. Fever
  - b. Lymphadenopathy
    - Typically occurs with fever onset
    - Periauricular, axillary, cervical or inguinal
    - Unilateral or bilateral
  - c. Headache, muscle aches, exhaustion
  - d. Chills and/or sweats
  - e. Sore throat and cough
- Skin involvement (rash)
  - a. Usually begins within 1-3 days of fever onset, lasting for around 2-4 weeks
  - b. Deep-seated, well-circumscribed and often develop umbilication

- c. Lesions are often described as painful until the healing phase when they become itchy (in the crust stage)
- d. Stages of rash (slow evolution)
  - Enanthem- first lesions on tongue and mouth
  - Macules starting from face spreading to arms, legs, palms, and soles (centrifugal distribution), within 24 hours
  - The rash goes through a macular, papular, vesicular and pustular phase. Classic lesion is vesicopustular
  - Involvement by area: face (98%), palms and soles (95%), oral mucous membranes (70%), genitalia (28%), conjunctiva (20%). Generally skin rashes are more apparent on the limbs and face than on the trunk. Notably the genitalia can be involved and can be a diagnostic dilemma in STD population
  - By 3<sup>rd</sup> day lesions progress to papules
  - By 4<sup>th</sup> to 5<sup>th</sup> day lesions become vesicles (raised and fluid filled).
  - By 6<sup>th</sup> to 7<sup>th</sup> day lesions become pustular, sharply raised, filled with opaque fluid, firm and deep seated.
  - May umbilicate or become confluent
  - By the end of 2<sup>nd</sup> week, they dry up and crust
  - Scabs remain for a week before falling off
  - The lesion heals with hyperpigmented atrophic scars, hypopigmented atrophic scars, patchy alopecia, hypertrophic skin scarring and contracture/deformity of facial muscles following healing of ulcerated facial lesions
  - A notable predilection for palm and soles is characteristic of monkey pox
- e. The skin manifestation depends on vaccination status, age, nutritional status, associated HIV status. Monkeypox chiefly occurs in communities where there is often a high background prevalence of malnutrition, parasitic infections, and other significant health-compromising conditions, any of which could impact the prognosis of a patient with MPX.
- f. The total lesion burden at the apex of rash can be quite high (>500 lesions) or relatively slight (<25).

## 5.2 Differential Diagnosis

Varicella (Chicken pox), disseminated herpes zoster, disseminated herpes simplex, measles, chancroid, secondary syphilis, hand foot mouth disease, infectious mononucleosis, molluscum contagiosum.

### 5.3 Complications

- Secondary infections
- Pneumonia, sepsis, encephalitis
- Corneal involvement (may lead to loss of vision)

## 6. Diagnosis

### 6.1 Personal Protective Equipment for handling the clinical specimens:

PPE to be donned before collecting the specimens should include- Coveralls/Gowns, N-95 mask, Face shield/safety goggles, double pair of gloves. Donning & doffing of PPE should be carefully performed as per the standard procedure. Procedure for sample collection and transport of the clinical specimen are placed as **Annexure 2**. Instructions on sample packaging and transport are provided in detailed in **Annexure 3**.

### 6.2 Clinical samples to be collected from the cases as per the criteria mentioned below at Table 1:

<b>Traveller from outbreak /endemic region or Community Transmission</b>		
<b>Asymptomatic</b>	<ul style="list-style-type: none"> <li>• Observe for the development of any signs and symptoms for 21 days' post exposure</li> <li>• If signs and symptoms develop, collect specimens as per the duration of illness as mentioned below</li> </ul>	
<b>Symptomatic</b>	<b>Rash phase**</b>	<b>Recovery phase</b>
	<ul style="list-style-type: none"> <li>• *Lesion roof- with scalpel or plastic scrapper collected in plain tube</li> <li>• *Lesion fluid with intradermal syringe</li> <li>• *Lesion base scrapings with sterile polyester swab collected in plain tube</li> <li>• *Lesion crust in plain tube</li> <li>• NPS/OPS in dry plain tube [without any bacterial medium or VTM]</li> <li>• Blood collected in SSGT (4-5 ml)</li> <li>• Blood collected in EDTA (2-3ml)</li> <li>• Urine in sterile urine container (3-5ml)</li> </ul>	<ul style="list-style-type: none"> <li>• Blood collected in SSGT (4-5 ml)</li> </ul> Urine in sterile urine container (3-5ml)

\* The specimens from lesion should be collected from multiple sites

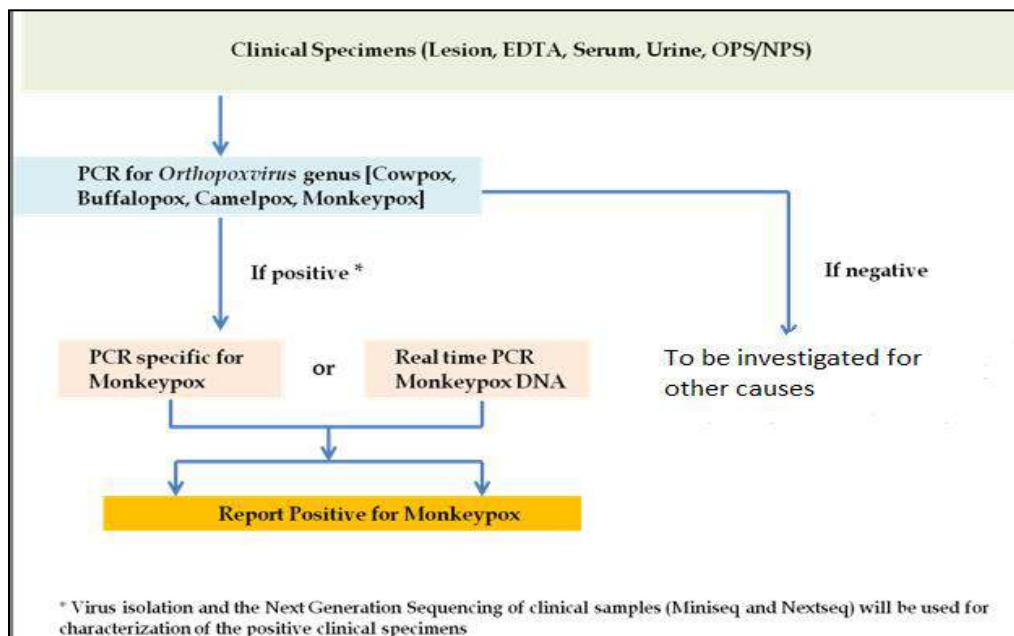
\*\* A clear lesion images should be sent along with the case record form (preferably on the email ID mentioned below)

### 6.3 Diagnostic modalities for Monkeypox with ICMR NIV Pune

For the confirmation of Monkeypox on the suspected clinical specimens:

- PCR for *Orthopoxvirus* genus [Cowpox, Buffalopox, Camelpox, Monkeypox] will be done
- If specimen will show positivity for the Orthopoxvirus, it would be further confirmed by Monkeypox specific conventional PCR or real time PCR for Monkeypox DNA
- Additionally, virus isolation and the Next Generation Sequencing of clinical samples (Miniseq and Nextseq) will be used for characterization of the positive clinical specimens

**All the clinical specimens should be transported to the Apex laboratory of ICMR-NIV Pune routed through the Integrated Disease Surveillance Programme network of the respective district/state**



### 6.4 Contact Persons from ICMR-National Institute of Virology Pune Maharashtra, India for further queries related to collection and transportation of the clinical specimens

Primary contact person	Secondary contact person
<p><b>Dr. Pragya D. Yadav,</b>                      Scientist-‘F’ &amp; Group Leader,                      Maximum Containment Facility,                      ICMR-NIV, Microbial Containment Complex,                      130/1, Sus Road, Pashan, Pune 411021                      Tel: Office: 020-26006111;                      Email id: <a href="mailto:hellopragya22@gmail.com">hellopragya22@gmail.com</a></p>	<p><b>Dr. Rima R. Sahay,</b>                      Scientist ‘C’,                      Maximum Containment Facility,                      ICMR-NIV, Microbial Containment Complex,                      130/1, Sus Road, Pashan, Pune-411021.                      Tel: Office: 020-26006160;                      Email id: <a href="mailto:dr.rima.sahay@gmail.com">dr.rima.sahay@gmail.com</a></p>

## 7. Management

### 7.1 Principles of Management

- Patient isolation
- Protection of compromised skin and mucous membranes
- Rehydration therapy and Nutritional support
- Symptom alleviation
- Monitoring and treatment of complications

### 7.2 Patient Isolation

- Isolation of the patient in an isolation room of the hospital/ at home in a separate room with separate ventilation
- Patient to wear a triple layer mask
- Skin lesions should be covered to the best extent possible (e.g. long sleeves, long pants) to minimize risk of contact with others
- Isolation to be continued until all lesions have resolved and scabs have completely fallen off

**Table 2: Supportive management of Monkeypox**

Component management of	Symptoms/Signs	Management
Protection of compromised skin and mucous membranes	Skin rash	<ul style="list-style-type: none"> <li>• Clean with simple antiseptic</li> <li>• Mupiroic Acid/Fucidin</li> <li>• Cover with light dressing if extensive lesion present</li> <li>• Do not touch/ scratch the lesions</li> <li>• In case of secondary infection relevant systematic antibiotics may be considered</li> </ul>
	Genital ulcers	<ul style="list-style-type: none"> <li>• Sitz bath</li> </ul>
	Oral ulcers	<ul style="list-style-type: none"> <li>• Warm saline gargles/ oral topical anti-inflammatory gel</li> </ul>
	Conjunctivitis	<ul style="list-style-type: none"> <li>• Usually, self-limiting</li> <li>• Consult Ophthalmologist if symptoms persist or there are pain/ visual disturbances</li> </ul>
Rehydration therapy and nutritional support	Dehydration can occur in association with poor appetite, nausea, vomiting and diarrhoea	<ul style="list-style-type: none"> <li>• Encourage ORS or oral fluids</li> <li>• Intravenous fluids if indicated</li> <li>• Encourage nutritious and adequate diet</li> </ul>
Symptom alleviation	Fever	<ul style="list-style-type: none"> <li>• Tepid sponging</li> <li>• Paracetamol as required</li> </ul>
	Itching/Pruritus	<ul style="list-style-type: none"> <li>• Topical Calamine lotion</li> <li>• Antihistaminics</li> </ul>
	Nausea and vomiting	<ul style="list-style-type: none"> <li>• Consider anti-emetics</li> </ul>
	Headache/ malaise	<ul style="list-style-type: none"> <li>• Paracetamol and adequate hydration</li> </ul>

### 7.3 Monitoring and treatment of complications

The patient should closely monitor for the appearance of any of the following symptoms during the period of isolation:

- Pain in eye or blurring of vision
- Shortness of breath, chest pain, difficulty in breathing
- Altered consciousness, seizure
- Decrease in urine output
- Poor oral intake
- Lethargy

In case any of the above symptoms appear, the patient should immediately contact nearby healthcare facility/ specialist.

## 8. Contact tracing

### 8.1 Definition of a contact

A contact is defined as a person who, in the period beginning with the onset of the source case's first symptoms, and ending when all scabs have fallen off, has had one or more of the following exposures with a probable or confirmed case of monkey pox:

- face-to-face exposure (including health care workers without appropriate PPE)
- direct physical contact, including sexual contact
- contact with contaminated materials such as clothing or bedding

### 8.2 Contact identification

Cases can be prompted to identify contacts across household, workplace, school/nursery, sexual contacts, healthcare, houses of worship, transportation, sports, social gatherings, and any other recalled interactions.

### 8.3 Contact monitoring

- a) Contacts should be monitored at least daily for the onset of signs/symptoms for a **period of 21 days** (as per case definition above) from the last contact with a patient or their contaminated materials during the infectious period. In case of occurrence of fever clinical/lab evaluation is warranted.
- b) Asymptomatic contacts should not donate blood, cells, tissue, organs or semen while they are under surveillance.
- c) Pre-school children may be excluded from day care, nursery, or other group settings.

- d) Health workers who have unprotected exposures to patients with monkeypox or possibly contaminated materials do not need to be excluded from work duty if asymptomatic, but should undergo active surveillance for symptoms for 21 days.

Advisory for International Passengers and surveillance at Airports and Role of APHOs/PHOs is also elaborated in **Annexure 4**.

## 9. Risk Communication and Preventive Measures

Raising awareness of risk factors and educating people about the measures they can take to reduce exposure to the virus is the main prevention strategy for monkeypox. There are number of measures that can be taken to prevent infection with monkeypox virus:

- Avoid contact with any materials, such as bedding, that has been in contact with a sick person.
- Isolate infected patients from others.
- Practice good hand hygiene after contact with infected animals or humans. For example, washing your hands with soap and water or using an alcohol-based hand sanitizer.
- Use appropriate personal protective equipment (PPE) when caring for patients.

### 9.1 Reducing the risk of human-to-human transmission

Surveillance and rapid identification of new cases is critical for outbreak containment. During human monkeypox outbreaks, close contact with infected persons is the most significant risk factor for monkeypox virus infection. Health workers and household members are at a greater risk of infection. Health workers caring for patients with suspected or confirmed monkeypox virus infection, or handling specimens from them, should implement standard infection control precautions. Samples taken from people and animals with suspected monkeypox virus infection should be handled by trained staff working in suitably equipped laboratories. Patient specimens must be safely prepared for transport with triple packaging in accordance with WHO guidance for transport of infectious substances.

### 9.2 Infection Prevention and Control (IPC)

A combination of standard, contact, and droplet precautions should be applied in all healthcare settings when a patient presents with fever and vesicular/pustular rash. In addition, because of the theoretical risk of airborne transmission of monkeypox virus, airborne precautions should be applied as per risk assessment.



Clinical triage includes early recognition and immediate placement of patient in separate area from other patients (source control). All individuals, including family members, visitors and HCWs should apply standard, contact and droplet precautions.

### 9.2.1 Patient isolation

Patient should be managed in isolation, precautions should be taken to minimize exposure to surrounding persons, which include placing a surgical mask over the patient's nose and mouth—if tolerable to the patient—and covering any of the patient's exposed skin lesions with a sheet or gown.

### 9.2.2 Ambulance Transfer

- When a case has to be transported, the personnel accompanying the patient should wear PPE (long sleeved gown, N95 mask, gloves, and goggles).
- Give prior information to the hospital of the admission/transfer of a potentially infectious person.
- Request patient to wear a mask (if tolerated) and advise on Respiratory Hygiene and Cough Etiquette.
- If lesions are present, cover them with long sleeved clothing/pant or a clean sheet to minimize contact with others. In the ambulance use disposable linen if available.
- The ambulance should be cleaned and disinfected before using for the other patients. **After wearing PPE**, surfaces (stretcher, chair, door handles etc.) should be cleaned with a freshly prepared 1% hypochlorite solution or equivalent. Carefully place reusable blankets in a bag without shaking or fluffing them, then put into a laundry bag and send for laundering clearly labelling it so that person in the laundry wears appropriate PPE before handling or autoclaves it before opening. Follow manufacturer's instructions for cleaning/disinfecting reusable equipment in the ambulance. All masks and any waste contaminated with crusts, secretions, serum or body fluids should be disposed of as infectious waste in yellow bag. In the ambulance, if the driver's chamber is not separate, driver should also use PPE.

### 9.2.3 Additional Precautions

- **PPE** (Disposable gown, gloves, N95 mask, Eye goggles) should be donned before entering the patient's room and used for all patient contact. All PPE should be disposed of prior to leaving the isolation room where the patient is admitted.
- **Hand hygiene** (following standard steps of hand hygiene) after all contact with an infected patient and/or their environment during care.

- Correct containment and disposal of contaminated waste (e.g., dressings) in accordance with **Biomedical Waste Management guidelines (2016 & subsequent amendments)** for infectious waste.
- Care when handling **soiled laundry** (e.g., bedding, towels, personal clothing) to avoid contact with lesion material.
- Soiled laundry should never be shaken or handled in manner that may disperse infectious particles.
- Care when handling used **patient-care equipment** in a manner that prevents contamination of skin and clothing.
- Ensure that used equipment has been cleaned and reprocessed appropriately.
- Ensure provisions are in place for cleaning and disinfecting environmental surfaces in the patient care environment.
- Hospital disinfectant currently used for environmental sanitation may be used as per recommendations for concentration, contact time, and care in handling.

#### 9.2.4 IPC at home

Patients who do not require hospitalization may be managed at home taking following preventive measures:

- Patients should be isolated in a room or area separate from other family members. Healthy household members should limit contact with the patient.
- Patients should not leave the home except for medical care.
- No visitors should be allowed at home.
- Patients, especially those who have respiratory symptoms (e.g., cough, shortness of breath, sore throat) should wear a surgical mask. If this is not feasible, other household members should consider wearing a surgical mask when in the presence of the patient.
- Disposable gloves should be worn for direct contact with lesions and disposed of after use.
- Skin lesions should be covered to the best extent possible (e.g., long sleeves, long pants) to minimize risk of contact with others.
- Contain and dispose of contaminated waste (such as dressings and bandages) in the Biomedical waste disposable bag Do not dispose of waste in landfills or dumps.
- Proper hand washing with soap and water (or use of an alcohol-based hand rub) should be performed by the patient and other household members after touching lesion material, clothing, linens, or environmental surfaces that may have had contact with lesion material.
- Laundry (e.g., bedding, towels, clothing) may be washed with warm water and detergent;

- Care should be used when handling soiled laundry to avoid direct contact with contaminated material.
- Soiled laundry should not be shaken or otherwise handled in a manner that may disperse infectious particles.
- Dishes and other eating utensils should not be shared. Soiled dishes and eating utensils should be washed with warm water and dish washing soap.
- Contaminated surfaces should be cleaned and disinfected. Standard household cleaning/disinfectants may be used in accordance with the manufacturer's instructions.
- Pets and domestic animals should be excluded from the patient's environment.

### 9.2.5 Duration of Isolation Procedures

Affected individuals should avoid close contact with immunocompromised persons and pregnant women until all crusts are gone. Isolation precautions should be continued until **all lesions have resolved and a fresh layer of skin** has formed.

## 10. Risk communication

This includes providing public health advice through the channels that target audiences use on how the disease transmits, its symptoms, preventive measures and what to do in case of suspect or confirmed infection. This should be combined with targeting community engagement to the population groups who are most at risk, working closely with health care providers, including STD clinics, and civil society organizations.

Risk communication should be informed by insights from social listening detecting public sentiment and should timely address possible rumours and misinformation. Health information and advice should be provided avoiding any form of stigmatization of certain groups such as men who have sex with men (MSM).

The key measures that can be taken to prevent infection with monkeypox virus:

- Isolate infected patients from others who could be at risk for infection.
- Avoid contact with any materials, such as bedding, that has been in contact with a patient of Monkeypox.
- Practice good hand hygiene after contact with infected persons. For example, washing your hands with soap and water or using an alcohol-based hand sanitizer.
- Use masks and gloves when caring for patients.

**ANNEXURE-1: Case Reporting Format**

<b>National Institute of Virology, Pune</b>			
<b>Case Information form</b>			
Field ID	Date of Collection of Specimen	Collected by	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
Aadhar Card Number	<input type="text"/>		
<b><u>Patient Information :</u></b>			
Name of the patient	<input type="text"/>		Occupation <input type="text"/>
Age in completed years	Gender	Pregnant	If Pregnant (Mention weeks of pregnancy)
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b><u>Detailed Address:</u></b>			
Locality	Village	Tahuka	City
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
District	State	Pincode	Contact Number
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b><u>Clinical History :</u></b>			
Name of Hospital/ Clinic	<input type="text"/>		OPD/ IPD Number <input type="text"/>
Post illness day	<input type="text"/>	Date of Hospitalization	<input type="text"/>
Date of onset of symptoms	<input type="text"/>		
<input type="checkbox"/> Fever	<input type="checkbox"/> Chills/Rigors	Grade of fever <input type="text"/>	Type of fever <input type="text"/>
<input type="checkbox"/> Myalgia	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Headache	<input type="checkbox"/> Malaise
<input type="checkbox"/> Rash	<input type="checkbox"/> Macular	<input type="checkbox"/> Papular	<input type="checkbox"/> Maculo-papular
<input type="checkbox"/> Scabs/Crusts	<input type="checkbox"/> Others	Specify <input type="text"/>	
<input type="checkbox"/> Respiratory symptoms	<input type="checkbox"/> Cold	<input type="checkbox"/> Cough (dry)	<input type="checkbox"/> Cough (Expectorant)
<input type="checkbox"/> Eye problems	<input type="checkbox"/> Redness	<input type="checkbox"/> Pain	<input type="checkbox"/> Watering
<input type="checkbox"/> Oro-GI symptoms	<input type="checkbox"/> Nausea	<input type="checkbox"/> Vomiting	<input type="checkbox"/> Diarrhoea
<input type="checkbox"/> CNS symptoms	<input type="checkbox"/> Altered Sensorium	<input type="checkbox"/> Convulsions	<input type="checkbox"/> Irritability
<input type="checkbox"/> Pneumonia	<input type="checkbox"/> ARDS	On Mechanical Ventilation <input type="text"/>	<input type="checkbox"/> Coagulopathy
<input type="checkbox"/> Encephalitis/Meningitis	<input type="checkbox"/> Sepsis	<input type="checkbox"/> Severe Dehydration	<input type="checkbox"/> Uveitis/Iritis
<input type="checkbox"/> Reye's Syndrome	<input type="checkbox"/> Myocarditis	<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Hearing loss
<input type="checkbox"/> Others	Specify <input type="text"/>		

**Past History:**  Diabetes  Hypertension  COPD  Asthama  Pulmonary TB  Heart Disease  Liver disease  
 Other Immunocompromised conditions if yes, specify   Smoking  
 Tobacco chewing  Alcoholism  Others Specify

**Treatment History :**  Amoxicillin  Septran  Amoxiclav  Azithromycin  Erythromycin  Levofloxacin  
 Acyclovir  Vit- A syrup Units   Others Specify

**Epidemiological History:**

Contact with case of fever with rash in last 10 days Specify   
 Contact with known case of chicken pox or zooster in last 10 days Specify   
 Similar history in family members/ neighbours/ friends Specify   
 Attending any mass gathering in last 10 days Specify   
 Past Vaccination History (VSV/Measles/Mumps/Rubella) Specify   
 Others Specify

**Time of Specimens Collected:**

Throat Swab  Nasopharyngeal Aspirate  Bronchoalveolar Lavage  Swabs of Macuopapular lesions  
 Swabs of Vesicular lesions  Swabs from pustule  Crusts/Scabs  Serum  CSF  Urine  Others Specify

**Hematological Investigations:**

Hb (gm%)  TLC/WBC  Neutrophils  Lymphocytes  Eosinophils  Platelets   
Blood Urea  Serum Creatinine  Serum Albumin  ALT  AST   
Serum Bilirubin (Total)  Bilirubin (Direct)  Bilirubin (Indirect)  PT  INR   
Urine Bile Salt/ Bile Pigment  Proteinuria  Others (Specify)

X-Ray chest

**Laboratory Investigations:**

Real Time PCR  Conventional PCR  IgM Elisa  IgG Elisa   
Virus Isolation

**Outcome History:**

Cured and Discharged Date of Discharge   Died Date of Death   
Name of treating physician  Contact Number   
Laboratory Diagnosis   
Provisional Diagnosis   
Final Diagnosis

**ANNEXURE 2- Procedures for the clinical specimen collection:**

- **Nasopharyngeal and Oropharyngeal swabs in screw capped plain tube:**
  - Explain the procedure to the patient
  - Remove the polystyrene swab. Don't let anything touch the sterile swab on the end of the stick
  - Ask patient to open mouth and stick their tongue out
  - Use tongue spatula to press the tongue downward to the floor of the mouth.
  - Use sterile polystyrene swab to swab both of the tonsillar arches and the posterior nasopharynx, without touching the sides of the mouth.
  - Reach behind the uvula and swab: a. tonsillar fauces, b. the posterior pharynx, and c. any ulceration, exudate, lesion, or area of inflammation.
  - Don't let the sterile swab touch the patient's tongue, gums, or teeth as you gently remove it from his/her mouth
  - Place the swab into the screw-capped plain plastic tube [without any medium or VTM]
  - Similarly, tilt patient's head back 70 degrees. Gently and slowly insert a polystyrene swab with a flexible shaft through the nostril parallel to the palate until resistance is encountered.
  - The distance is equivalent to that from the nostril to the ear of the patient, indicating contact with the nasopharynx
  - Gently rub and roll the swab, leaving it in place for several seconds to absorb secretions. If a deviated septum or blockage creates difficulty in obtaining the specimen from one nostril, use the same swab to obtain the specimen from the other nostril
  - Slowly remove swab while rotating it. Specimens can be collected from both nostrils
  - Place the swab into the same screw-capped plain plastic tube [without any medium or VTM] in which the OPS swab was kept
  - Break the excess stick and recap the tube tightly.
  - Keep the tube in an upright position in the stand.
  - Surface decontaminate the tube using 2% Lysol or 0.5-1% Sodium hypochlorite wipes
  
- **Venous Blood Collection in SSGT and EDTA tube:**
  - Explain the procedure to the patient
  - Check the patient's fore-arm/median cubital fossa for a prominent vein of good size. Use the median cubital vein wherever feasible.
  - Apply the tourniquet 4-5 fingerbreadths above the site of venipuncture.
  - Perform hand hygiene by using an alcohol-based hand rub on the outer pair of gloves.

- Disinfect the skin site using a wipe containing 70% alcohol, in a circular motion, from the centre to periphery. Allow the skin to dry.
  - Do not re-touch the site of puncture again. In case of accidental touch, repeat the skin disinfection as above.
  - Anchor the vein by holding your thumb below the puncture site.
  - Ask the patient to make a fist so as to make the veins prominent.
  - Insert the needle (vacutainer or syringe needle) into the vein, bevel side up, at an angle of about 30° and advance the needle into the vein.
  - Collect 5 mL of blood (into the syringe or into tubes) and aliquot 2 ml in EDTA (Purple top) 3 ml in SSGT (Yellow top) for serum separation.
  - Release the tourniquet.
  - Withdraw the needle gently and apply a piece of sterile gauze to the puncture site
  - Ask the patient to gently press down on the gauze on the puncture site, keeping the arm folded
  - If a syringe and needle were used for collection, transfer the blood inside the tube by piercing the stopper of the tubes placed firmly on a rack.
  - Invert EDTA tubes gently 4-5 times to ensure proper mixing of the additives
  - Keep the tubes in an upright position in the stand.
  - Discard the syringe and needle into the sharp's container
  - Surface decontaminate the SSGT and the EDTA tube using 2% Lysol or 0.5-1% Sodium hypochlorite wipes
- **Urine sample collection in the screw capped sterile urine container:**
    - Explain the procedure to the patient
    - Provide privacy to the patient
    - First ask patient to wipe/clean the genitals
    - Ask patient to urinate a small amount into the toilet bowl, and then stop the flow of urine.
    - Then collect a sample of urine into the clean or sterile container provided
    - Ask the patient to collect about 3 to 5 mL of mid-stream urine sample into the collection tube provided, taking care not to contaminate the outside of the container
    - Ask patient to finish urinating into the toilet bowl
    - Close the lid carefully and keep the container standing position
    - Surface decontaminate the SSGT and the EDTA tube using 2% Lysol or 0.5-1% Sodium hypochlorite wipes

- **Lesion roof, base scrapping, fluid and crust/scab collection [collect from multiple sites]:**
  - Explain the procedure to the patient
  - Sanitize the skin covered with lesion with 80% alcohol wipes to start the collection
  - Remove the lesion roof using sterile scalpel or plastic scrapper
  - Place the roof in the screw cap plain tube.
  - Similarly, use 1ml intradermal syringe to collect the pustule/ vesicular fluids from multiple lesions and collect in fresh screw cap plain tube
  - Use the polystyrene swab to collect the scrapings from the base of the lesions by gentle scrapping and put it in fresh screw cap plain tube
  - The scab/crust if formed using polystyrene swab, should also be collected in fresh screw cap plain tube

**Procedures for the transport of the clinical specimens:**




- Keep the samples immediately in +4 degree Celsius as soon as they are collected
- After collection of samples, appropriately labelled sample tubes need to be sealed with parafilm
- Centrifuge the serum tube before shipment
- Tubes need to be wrapped with the absorbent tissue paper/cotton and paced in Zip lock bags/Secondary receptacle
- Samples should be transported in dry ice as per the instruction provided in Annexure-3 (adapted from the WHO Guidance on regulations for the transport of infectious substances 2021-2022) along with the case record form provided with this document.



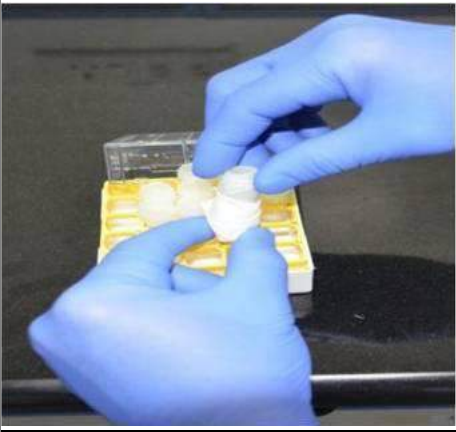

**ANNEXURE 3: INSTRUCTIONS ON SAMPLE PACKAGING AND TRANSPORT**

*\*This is just visual representation. Use appropriate PPE and collection tubes as described earlier in this document*

**STEP 1: ARRANGING THE SAMPLE VIALS**

<p><b>A</b></p> 	<p><b>B</b></p> 	<p><b>C</b></p> 
<p><b>*Wear full set of appropriate Personal Protective Equipment and identify the labelled sample tubes</b></p>	<p><b>*Seal the neck of the sample vials using parafilm to prevent leakage during transit.</b></p>	<p><b>Cover the sample vials using absorbent material to contain leakage, in the event of a breakage.</b></p>

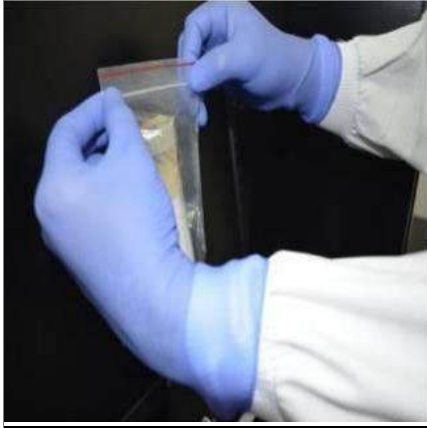
**STEP 2: ARRANGING THE PRIMARY VIALS WITHIN A STURDY, LEAK-PROOF SECONDARY CONTAINER**

<p><b>A</b></p> 	<p><b>B</b></p> 
---	--

**Option 1:** Using a cryo-box as a secondary container. (Seal the lid of the box after arranging the samples, using cello.)

**Option 2:** Using a 50-mL centrifuge tube as a secondary container. (Seal the neck of the tube using cello.)

**C**



**Placing the centrifuge tube inside a zip-lock pouch**

**D**



**Placing the zip-lock pouch inside a sturdy plastic container. (Seal the neck of the container using cello.)**

*[Note: Sample vials can also be placed inside a zip-lock pouch, covered in absorbent material and secured by heat-sealing or rubber bands. Then, the zip-lock pouch should be placed inside another plastic pouch and secured.]*

***STEP 3: ARRANGING THE OUTER CONTAINER***

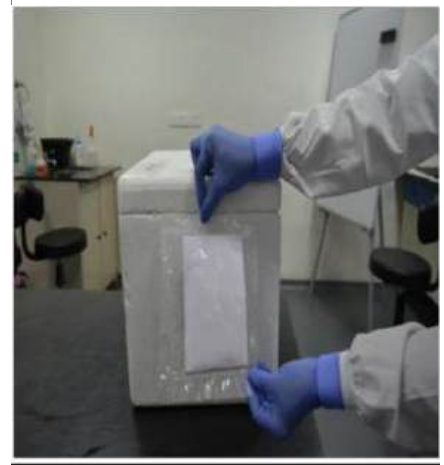
**A**





**B**



**C**



<p><b>Option 1:</b></p> <p>Using a thermocol box as an outer container and placing the secondary container within it, surrounded by hard-frozen gel packs</p>	<p><b>Option 2:</b></p> <p>Using a hard-board box as an outer container and placing the secondary container and the gel packs</p>	<p>Placing the completed Case Report Form/Request Form inside a leak-proof, zip-lock pouch</p>
<p><i>D</i></p>	<p><i>E</i></p>	
		<p><b><u>Documents to accompany:</u></b></p> <ol style="list-style-type: none"> <li>1) <b>Packing list/Proforma Invoice</b></li> <li>2) <b>Air way bill</b> (for air transport) (to be prepared by sender or shipper)</li> <li>3) <b>Value equivalence document</b> (for road/rail/sea transport)</li> </ol>
<p><b>Securing the zip-lock pouch with the Case Report Form on the outer container</b></p>	<p><b>Attaching the labels:</b></p> <ul style="list-style-type: none"> <li>• <b>Sender's Address and contact number;</b></li> <li>• <b>Consignee's Address and contact number;</b></li> <li>• <b>Emergency Contact's name and number</b></li> </ul>	

#### **ANNEXURE 4 -Advisory for International passengers**

- **Travelers should AVOID:**

- Close contact with sick people, including those with skin lesions or genital lesions.
- Contact with dead or live wild animals such as small mammals including rodents (rats, squirrels) and non-human primates (monkeys, apes).
- Eating or preparing meat from wild game (bushmeat) or using products derived from wild animals from Africa (creams, lotions, powders).
- Contact with contaminated materials used by sick people (such as clothing, bedding, or materials used in healthcare settings) or that came into contact with infected animals.

- **Consult the nearest health facility if you develop symptoms suggestive of monkey pox like fever with rash &**

- You were in an area where Monkey pox has been reported
- You had contact with a person that might have had Monkey pox.

#### **Role of APHOs/PHOs:**

- a. Remain in a state of alert, particularly for the passengers arriving from countries reporting monkey pox outbreaks,
- b. Familiarize with clinical presentation of monkey pox,
- c. Undertake strict thermal screening and history of travel to affected countries in last 21 days,
- d. Establish/strengthen referral arrangements from airport/port to identified link hospital.
- e. Also, familiarize Bureau of Immigration personnel, airline personnel and any State health personnel deployed with them about the disease,
- f. Inform concerned airlines about detection of a suspect case for the purpose of disinfection procedure to be followed as per standard guidelines.