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## WHAT IS THE DISEASE OF MONKEY POX. IS THERE A DANGER OF A NEW PANDEMIC IN THE WORLD?

**Abstract:** Today, various reports about the disease called "Monkey pox" began to increase in the mass media and social networks. For this reason, we considered it permissible to provide our dear subscribers with more detailed information about this disease.

What kind of disease is monkey pox?

Monkeypox (Monkeypox) is an infectious disease caused by the MPXV virus, the causative agent of monkeypox, belonging to the poxvirus family.

### INTRODUCTION

The virus was first identified in 1958, when several outbreaks occurred among laboratory monkeys kept for research. Although the disease is called monkeypox, its natural reservoir is not only monkeys, monkeys, rats, and small mammals.

This disease was first recorded in humans in 1970 in the Democratic Republic of Congo. Since then, the disease has been detected mainly in Central and West Africa. Here, the virus has been confirmed to be transmitted from animals to humans, as well as from human to human. Until 2003, epidemics were recorded only in Africa, and then in other continents, but in most cases the virus was transported to other regions.

In 2022, it began to be recorded in many countries on all continents, leaving Africa. Therefore, on July 23, 2022, the World Health Organization declared a monkeypox emergency. Due to active control measures, its coverage was limited and the state of emergency was later lifted.

By 2024, the number of cases in Africa is increasing. Since the beginning of the year, the number of patients has increased by 17,000, and more than 500 deaths have been recorded. In addition to the African continent, cases of illness also began to appear in other countries. For this reason, on August 14, 2024, the World Health Organization declared a monkey pox emergency again.

From sick animals to humans, communication with animals (animal bites or injuries, treating, slaughtering, skinning of sick animals) and eating food prepared from sick animals;

Sick person-to-healthy person-to-person contact (seeing, kissing, contaminated clothing, towels, sheets, and needles), close-air contact for long periods of time (coughing, sneezing, and breathing), and sexual intercourse. with the;

### METHODS

It can be transmitted from mother to child during pregnancy and childbirth.

The disease begins with fever, headache, myalgia (muscle pain) and severe fatigue. A few days after the first symptoms appear, the patient develops a rash that first spreads to the face and then to the whole body. The rash passes through several stages (spots, papules, vesicles and pustules), which later become scaly.

Enlarged lymph nodes (lymphadenopathy) are a characteristic feature that distinguishes monkeypox from other diseases such as chickenpox or chickenpox. Illness usually lasts from two to four weeks.

Most cases of monkeypox are mild. But some patients may develop serious complications such as zotiljam, sepsis, encephalitis, meningoencephalitis and corneal inflammation leading to loss of vision as a result of the addition of secondary bacterial infections. Young children, pregnant women and people with weakened immune systems are at high risk of infection and complications.

There are many cases of remaining cosmetic defects (scars and spots) in patients.

There is a drug that can attack the virus, and the World Health Organization has approved this drug for use. In addition, there are special immunoglobulins and treatment tools according to the symptoms of the disease.

As much as possible, refrain from traveling to the countries where the disease is spread or the region is inhospitable to the disease;

when visiting endemic areas, avoid contact with wild animals, especially rodents, use protective clothing and gloves when contact is necessary;

strictly observe the rules of personal hygiene when going out to public places;

wear a mask, maintain social distance, treat hands with disinfectants when traveling together with passengers with elevated body temperature or rashes.

The smallpox vaccine can be used instead of the monkeypox vaccine and reduces the risk of contracting the disease by 90%.

It should be mentioned here that the current cases of disease are not considered as an indication for mass vaccination against this disease. Those who are in the center of the disease and those who work in the center are vaccinated.

There are two main West African and Central African (Congo) genetic clades of the virus. The West African type is class II, less virulent and fatal in about 1 percent of cases. The Central African type is classified as Class I and is relatively more severe, with a mortality rate of up to 10%.

At this point, it should be mentioned that in 2022, the virus that spread in the world was the IIB strain, and by 2024, the spread of the Ib strain is observed.

Monkeypox does not pose the same global threat as COVID-19. But its spread requires enhanced prevention and control measures. But in the context of globalization and increased international travel, the risk of introducing and spreading the virus to other countries remains relevant.

## RESULTS

In 2022, even when it spread to the countries of the world, today this disease was not recorded among the population of our republic.

In Uzbekistan, virology specialists at the customs offices and the Institute of Virology have been retrained to conduct laboratory diagnoses in cases of suspected disease. Also, work has been started to bring the diagnostic and test systems necessary for the diagnosis of monkeypox.

In world practice, measures such as active detection of the disease, vaccination and isolation of infected persons are effective in the fight against this disease. Even if the disease enters our republic, there is no need for large-scale quarantines, such as those introduced during the COVID-19 pandemic.

The international community, including the Republic of Uzbekistan, continues to closely monitor the situation in order to quickly respond to any new threats.

The difference between the symptoms of monkeypox and chickenpox.

Chickenpox is an acute infectious viral disease that mainly affects young children, but adults who did not get sick at a young age can also become infected. Chickenpox is the most common

disease in the world, second only to influenza and acute respiratory diseases. The disease spreads rapidly in organized communities (pre-school educational institutions, schools, secondary special and higher educational institutions, including military units and institutions).

The virus that causes chicken pox was discovered in 1911 by the Brazilian doctor E. Aragao and received the scientific name "Aragao corpuscles". According to experts, chicken pox, like influenza and measles, is a disease that spreads widely among the population, with a high level of infectiousness, and the causative agent is dangerous because of its rapid spread.

The only source of disease of chicken pox is a sick person and it is transmitted to a healthy person through the air-droplet route. A sick person is dangerous for others in the last days of the latent period of the disease and in the first days of the appearance of clinical symptoms.

Unlike other airborne pathogens (influenza and other acute respiratory diseases), the pathogen of chicken pox can spread over a long distance from the patient. Due to the easy transmission of the virus through the air to neighboring rooms, the disease can also be transmitted to people in the neighboring rooms. It is enough for a sick person and a healthy person to be in the same room for a short period of time to catch the disease. Chickenpox belongs to the category of infectious diseases that cannot be controlled due to the fact that the population is not vaccinated against the disease, and the virus can spread over long distances in a short period of time and cause widespread disease.

## DISCUSSION

Chickenpox is seasonal. The lowest indicators of the disease correspond to the months of August-December of the year, in February-May, these indicators increase and reach their highest point in April. In general, the highest seasonal increase of the disease occurs in warm geographical areas. Despite the fact that the virus is resistant to the influence of the external environment, it can spread in the form of an epidemic in organized communities.

After contracting the disease, the period until its symptoms appear, that is, the latent period, is 11-21 days. Chickenpox is characterized by a fever and a well-defined rash with red spots and blisters on the skin. The entrance gate of the infection is the mucous membrane of the upper respiratory tract, the causative agent enters the blood and settles on the skin. In the first days of the disease, spots appear on the skin of the abdomen, thighs, shoulders, face and head. After the rash on the skin, the patient does not pose a risk as a source of the disease.

After the body temperature rises to 38 °C and above, the spots turn into rashes and blisters. After 1-2 days, blisters burst and ulcers appear. The patient is particularly bothered by skin itching. In some patients, the spread of the rash to the mucous membrane of the mouth, throat, larynx, genitals and other parts of the body causes great discomfort. An increase in body temperature causes the patient's condition to worsen, sleep is disturbed, appetite decreases, he becomes angry and capricious. As a result of timely treatment, high body temperature lasts for 2-5 days, and body rash gradually disappears in 8-10 days.

Chicken pox is often mild, but in people with low immunity, the rise in body temperature leads to aggravation of the patient's condition. When the disease is severe, it can often cause various complications in the skin, oral cavity, throat, ears, lungs and kidneys. If the patient is diagnosed early and treated effectively in the hospital, the complications of the disease can be prevented. In people who recover from the disease, permanent immunity is formed for life.

The following measures are recommended to prevent the disease:

- compliance with general and personal hygiene rules;
- regular organization of medical examinations of military personnel returning from vacations and tours of duty;

- timely identification and isolation of patients;
- frequent ventilation of rooms;
- taking those who have not been sick before and who have been in contact with patients under increased medical supervision for 21 days;
- during this period, questioning them, measuring their body temperature, conducting a physical examination.

Adherence to the above recommendations, timely and high-quality implementation will prevent the spread of the disease and allow the disease to pass without complications.

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