

What are the symptoms of

SMALLPOX

There is a 7–17 day incubation period following exposure to smallpox. During this time the person is not contagious. Once symptoms develop the person should be considered contagious.

Initial symptoms will include:

High fever (101–104° F)

Head and body aches

Vomiting (in some cases)

Two to four days after the initial symptoms a rash will emerge.

At this stage, the person is most contagious. Small red spots will appear first in the mouth and on the tongue, then on the head and extremities (including palms of hands and soles of feet). The rash will quickly spread over the entire body.

Over the next two days the rash becomes raised bumps and these bumps fill with a thick, opaque fluid and often have a depression in the center that looks like a bellybutton.

The bumps become **pustules**—sharply raised, usually round and firm to the touch as if there's a small round object under the skin.

Scabs eventually form on the pustules. The scabs will fall off after about three weeks, leaving pitted scars.

For more information, call

Aloha United Way



health.hawaii.gov

or

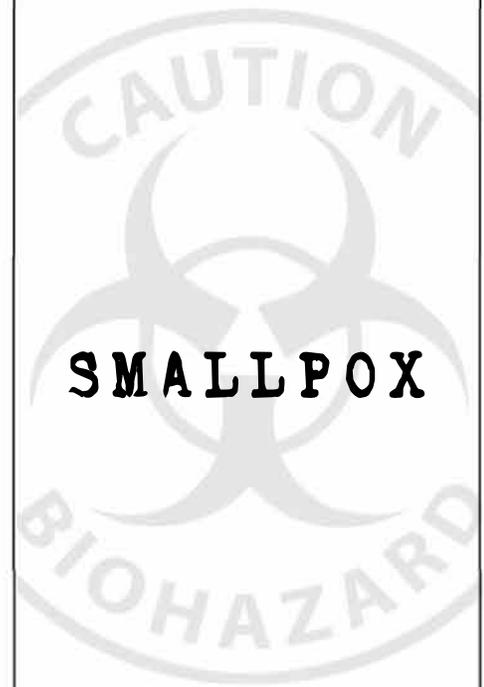
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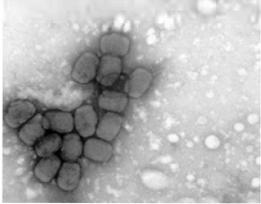
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What is smallpox?

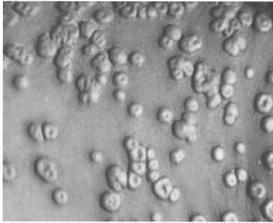


Smallpox is a serious, highly contagious, and sometimes fatal infectious disease. The disease was eradicated in the late 1970's after a

successful worldwide vaccination program. Since routine vaccination against smallpox was stopped, the general public no longer has immunity to the disease.

What are the symptoms of smallpox?

There is a 7–17 day incubation period following exposure to smallpox. During this time the person is not contagious. Once symptoms develop the person should be considered contagious.



- Initial symptoms will include:
 - High fever (101–104° F)
 - Head and body aches
 - Vomiting (in some cases)
- Two to four days after the initial symptoms a rash will emerge. At this stage, the person is most contagious. Small red spots will appear first in the mouth and on the tongue, then on the head and extremities (including palms of hands and soles of feet). The rash will quickly spread over the entire body.
- Over the next two days the rash becomes raised bumps and these bumps fill with a thick, opaque fluid and often have a depression in the center that looks like a bellybutton.

- The bumps become **pustules**—sharply raised, usually round and firm to the touch as if there's a small round object under the skin.
- Scabs eventually form on the pustules. The scabs will fall off after about three weeks, leaving pitted scars.

How is smallpox spread?

Smallpox may be contagious when a person develops a fever, but it is most infectious during the first 7 to 10 days following rash onset. In the past people commonly contracted smallpox by being in close contact with an infected person. The infected person is contagious until the last smallpox scab falls off.



Smallpox can also be spread through direct contact with infected bodily fluids or contaminated personal items such as bedding or clothing.

Rarely, smallpox has been spread through the air in places such as buses or buildings. Humans are the only natural hosts of the disease. Smallpox is not known to be transmitted by insects or animals.

How is smallpox treated?

There is no medicine currently available to treat smallpox once the sores start to develop.

Vaccination within 3 days of exposure will usually prevent or significantly lessen the severity of smallpox symptoms.



Smallpox virus, smallpox lesions and antibiotic vial photos courtesy Public Health Image Library, Center for Disease Control and Prevention.

Vaccination 4 to 7 days after exposure offers some protection from disease or may modify the severity of symptoms. The vaccine is made from a virus called vaccinia, which helps the body develop immunity to smallpox.

How do you know if you were exposed?

Since smallpox is no longer a naturally occurring disease, contracting the illness would likely be the result of a bioterrorism attack. If you were in the area when a release of smallpox occurred or you were in contact with someone with symptoms of smallpox, you may have been exposed.



What should you do if you were exposed to Smallpox?

Minimize contact with others. Seek prompt medical

attention. To avoid the possible infection of others call your physician or hospital before going to the office or emergency room. If exposure occurred within 7 days, vaccination is recommended.

How safe is the Smallpox Vaccine?

The smallpox vaccine is the best protection if you are exposed to the smallpox virus. Anyone directly exposed to smallpox, regardless of health status, would be offered the smallpox vaccine because the risks associated with smallpox disease are far greater than those posed by the vaccine.

Can pets and other animals get smallpox?

Monkeys are the only animals that can get smallpox.

