



## Office of Health Emergency Management

### The Facts on SMALLPOX

Because of recent terrorist events, people have expressed concern about the possibility of a terrorist attack involving biological agents such as anthrax, ricin, and smallpox. The Office of Health Emergency Management (OHEM) has prepared several fact sheets to help you understand the different types of biological threats and how they could affect your health.

#### **What is smallpox?**

Smallpox is an acute, contagious, and sometimes fatal disease caused by the variola virus, and marked by fever and a distinctive progressive skin rash. In 1980, the disease was declared eradicated following worldwide vaccination programs. However, in the aftermath of the events of September and October, 2001, the United States government is taking precautions to be ready to deal with a bioterrorist attack using smallpox as a weapon. As

a result of these efforts, there is a detailed nationwide smallpox preparedness program to protect Americans against smallpox as a biological weapon. This program includes the creation of preparedness teams that are ready to respond to a smallpox attack on the United States. Members of these teams – health care and public health workers - are being vaccinated so that they might safely protect others in the event of a smallpox outbreak. There is enough smallpox vaccine to vaccinate everyone who would need it in the event of an emergency.

#### **How serious is the smallpox threat?**

The deliberate release of smallpox as an epidemic disease is now regarded as a possibility, and the United States is taking precautions to deal with this possibility.

#### **How dangerous is the smallpox threat?**

Smallpox is classified as a Category A agent by the Centers for Disease Control and Prevention. Category A agents are believed to pose the greatest potential threat for adverse public health impact and have a moderate to high potential for large-scale dissemination. The public is generally more aware of category A agents, and broad-based public health preparedness efforts are necessary. Other Category A agents are anthrax, plague, botulism, tularemia, and viral hemorrhagic fevers.

#### **Should I see my doctor and get vaccinated against smallpox?**

At the moment, the smallpox vaccine is not available for members of the general public. In the event of a smallpox outbreak, however, there is enough smallpox vaccine

to vaccinate everyone who would need it.

### **What are the symptoms of smallpox?**

The symptoms of smallpox begin with high fever, head and body aches, and sometimes vomiting. A rash follows that spreads and progresses to raised bumps and pus-filled blisters that crust, scab, and fall off after about three weeks, leaving a pitted scar.

### **If I were exposed to smallpox, how long would it be before I showed any symptoms?**

After exposure, it takes between 7 and 17 days for symptoms of smallpox to appear (average incubation time is 12 to 14 days). During this time, the infected person feels fine and is not contagious.

### **Is smallpox fatal?**

The majority of patients with smallpox recover, but death may occur in up to 30% of cases. Many smallpox survivors have permanent scars over large areas of their body, especially their face. Some are left blind.

### **How is smallpox spread?**

Smallpox normally spreads from contact with infected persons. Generally, direct and fairly prolonged face-to-face con-

tact is required to spread smallpox from one person to another. Smallpox also can be spread through direct contact with infected bodily fluids or contaminated objects such as bedding or clothing. Indirect spread is less common. Rarely, smallpox has been spread by virus carried in the air in enclosed settings such as buildings, buses, and trains. Smallpox is not known to be transmitted by insects or animals.

### **If smallpox is released in aerosol form, how long does the virus survive?**

The smallpox virus is fragile. In laboratory experiments, 90% of aerosolized smallpox virus dies within 24 hours; in the presence of ultraviolet (UV) light, this percentage would be even greater. If an aerosol release of smallpox occurs, 90% of virus matter will be inactivated or dissipated in about 24 hours.

### **How many people would have to get smallpox before it is considered an outbreak?**

One confirmed case of smallpox is considered a public health emergency.

### **Is smallpox contagious before the smallpox symptoms show?**

A person with smallpox is sometimes contagious

with onset of fever, but the person becomes most contagious with the onset of rash. The infected person is contagious until the last smallpox scab falls off.

### **Is there any treatment for smallpox?**

Smallpox can be prevented through use of the smallpox vaccine. There is no proven treatment for smallpox, but research to evaluate new antiviral agents is ongoing. Early results from laboratory studies suggest that the drug cidofovir may fight against the smallpox virus; currently, studies with animals are being done to better understand the drug's ability to treat smallpox disease. Patients with smallpox can benefit from supportive therapy such as intravenous fluids, medicine to control fever or pain, and antibiotics for any secondary bacterial infections that may occur.

**For more information on emergency health preparedness, contact the Office of Health Emergency Management (OHEM) at 505/476-7701 or visit our website at [www.health.state.nm.us/ohem](http://www.health.state.nm.us/ohem)**