

Orf Nodules: An Occupational Zoonosis

Nódulos de Orf: uma Zoonose Ocupacional

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A 75-year-old shepherd presented with non-pruritic nodular lesions on his hands, evolving for one week. He denied trauma or systemic symptoms and mentioned recently milking his goats. Physical examination revealed target-shaped

nodular lesions on his hands, with a necrotic center, a whitish halo, and a well-defined erythematous border (Figs. 1 and 2). Based on the epidemiological context and the typical lesion characteristics, without other associated symptoms, a diagnosis of Orf nodules was made. Local antiseptic care and protective equipment during milking were recommended. Complete lesion resolution occurred after seven weeks.

Orf nodules are a zoonosis caused by a virus from the *Poxviridae* family, mainly affecting goats and sheep.^{1,2} Transmission to humans occurs through direct contact with



Figura 1: Orf nodules: left hand.



Figura 1: Orf nodules: right hand.

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infected animals.^{1,2} In humans, the virus induces erythematous papules, typically on the fingers, palms, face, or lips,³ which develop a target-like appearance, progressing to pustules, hemorrhagic blisters, and later ulcers.^{1,3} The condition is benign and self-limiting, resolving spontaneously within six to eight weeks.^{1,3} Diagnosis is based on the typical skin lesions, history of exposure, and characteristic histology. Treatment focuses on symptomatic management and lesion hygiene.¹

Recognizing Orf nodules is crucial to avoid unnecessary diagnostic procedures, as the condition resolves spontaneously. ■

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DB - Writing, revising the article, collecting images and approving the final version of the article

CF, MF - Writing, revising the article and approving the final version of the article

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DB – Escrita, revisão do artigo, recolha de imagens e aprovação da versão final do artigo

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