



MONKEYPOX: GET THE FACTS

Monkeypox is a rare illness caused by infection with the monkeypox virus. Monkeypox virus is part of the same family as the smallpox virus. Monkeypox symptoms are similar to smallpox symptoms- but milder- and monkeypox is rarely fatal.

How it Spreads

Monkeypox spreads from person to person through close, personal, often direct contact with a rash, sore or scab on an infected person. It can also spread through clothing, bedding, towels or surfaces that have been used by an infected person, or through respiratory secretions during prolonged, intimate, face-to-face contact.

Contact or spread can happen during intimate activities, including:

- Oral, vaginal and anal sex or touching the genitals/anus
- Hugging, cuddling, massaging or kissing
- Contact with fabrics or other items used during intimate activity with an infected person, such as bedding, towels or sex toys

According to the CDC, the virus can be spread in fluids or pus from sores, and they're trying to better understand if virus could be present in semen, vaginal fluids or other body fluids

Signs & Symptoms

- Early flu-like symptoms of monkeypox can include:
 - Fever
 - Headache
 - Muscle aches and backache
 - Swollen lymph nodes
 - Chills
 - Exhaustion
- A rash or sores that look like pimples or blisters. The rash may appear on one part of the body or across the body, including on the face, inside the mouth, in/around the genital and anal regions, chest, hands, and feet
 - Sores will go through several stages before healing
 - The rash or sores can be mild, but also can be itchy or painful
- Some people experience a rash or sores first, followed by other symptoms and some only experience a rash or sores
- Monkeypox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks

Protect Yourself & Others



- **Avoid close, skin-to-skin contact with a confirmed or potential infected person**
 - Don't touch the rash, sores or scabs
 - Don't kiss, hug, cuddle or have sex
 - Don't share food, drinks or eating utensils
 - Don't handle or touch the bedding, towels or clothing
- **Wash your hands often with soap and water or use an alcohol-based hand sanitizer**
- **Talk with partners about any symptoms and be aware of any new or unexplained rash or sore on either of your bodies**
- **Consider the risk of spreading the virus when making plans or deciding whether to participate in certain activities or events, such as festivals or clubs where attendees are wearing less clothing**
 - **Condoms, masks or gloves may provide some protection, but won't prevent all exposures**

- **Get vaccinated as soon as you're able**

