



MPV FAQs

I HAVE BEEN EXPOSED TO MONKEYPOX [MPV]. WHAT SHOULD I DO?

- Seek out a vaccine
 - If you are told by your partner that they have monkeypox [MPV], or someone contacts you to tell you that you were exposed, you should seek out a MPV vaccine to prevent an infection.
 - Getting a vaccine soon after exposure - ideally within 4 days but up to 14 days after - can help prevent you from becoming infected with the MPV virus.
 - Additionally, we are prioritizing vaccines for gay, bisexual, and other men or trans people who have sex with men, and who have had more than one sexual partner in the last 14 days, as well as sex workers or any sexual orientation or gender identity. For more information on vaccine eligibility call Will County Health Department at 779.230.6051.
- Monitor for symptoms
- Let partners know you have been exposed
- Limit close physical contacts during this time
- Talk to your healthcare provider if you have questions
- See a doctor or healthcare provider as soon as possible if symptoms develop





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HOW DOES MPV SPREAD?

According to the CDC, MPV spreads in a few ways.

- MPV can spread to anyone through close, personal, often skin-to-skin contact, including:
 - Direct contact with MPV rash, scabs, or body fluids from a person with MPV.
 - Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with MPV.
 - Contact with respiratory secretions.
- This direct contact can happen during intimate contact, including:
 - Oral, anal, and vaginal sex or touching the genitals (penis, testicles, labia, and vagina) or anus of a person with MPV.
 - Hugging, massage, and kissing.
 - Prolonged face-to-face contact.
 - Touching fabrics and objects during sex that were used by a person with MPV and that have not been disinfected, such as bedding, towels, fetish gear, and sex toys.
- A pregnant person can spread the virus to their fetus through the placenta.

It's also possible for people to get MPV from infected animals, either by being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal.

A person with MPV can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.

Scientists are still researching:

- If the virus can be spread when someone has no symptoms
- How often MPV is spread through respiratory secretions, or when a person with MPV symptoms might be more likely to spread the virus through respiratory secretions.
- Whether MPV can be spread through semen, vaginal fluids, urine, or feces.





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OK, I KNOW HOW MPV SPREADS, BUT HOW DOES IT NOT SPREAD?

- MPV is not nearly as contagious as COVID-19.
- It does not spread by casual conversation or walking by someone with MPV in a grocery store.
- You need to have prolonged, physical contact or share bedding or clothing with someone who has the virus.

WILL WEARING A CONDOM PREVENT PEOPLE FROM GETTING MPV?

- Condoms during sex are an important way to protect yourself and others from HIV and other STIs like gonorrhea, chlamydia, and syphilis.
- We do not know yet whether condoms reduce the risk of getting or giving someone else MPV during sex.
- While we learn more about how the MPV virus is spread, we want everyone to know that MPV can be spread during any close physical contact, including sex, or by face-to-face coughing or sneezing, kissing, licking, skin to skin rubbing, or sharing of sex toys, bedding, towels, clothing, or utensils, among other ways.





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IF I HAD THE SMALLPOX VACCINE, AM I PROTECTED FROM MPV?

- MPV and smallpox are in the same family of viruses.
- According to the CDC, since MPV is closely related to the virus that causes smallpox, the smallpox vaccine can protect you from getting MPV.
- However, if you have been exposed to MPV and it has been three years or more since your smallpox vaccine, you should think about getting a MPV vaccine.

HOW DO YOU TEST FOR MPV?

- You must have a rash, or spots, to get a MPV test.
- The MPV test is done on your skin with a swab at a clinic or health care provider. The swab is rubbed against spots on your skin, or parts of your rash, and then sent to a specialized lab for MPV testing.
- A preliminary lab test result should be available in a few days. While you are waiting, be sure to take steps to care for yourself and others:
 - Stay home and away from others
 - Put off travel on public transportation
 - Call, text, or contact your sex partners and people you have had close contact with since the start of your symptoms
 - Protect any pets





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IS THERE TREATMENT FOR MPV?

- Most people get well from MPV without needing any medicines or other treatment.
- There is no medicine that the FDA has approved for MPV infection treatment.
- However, there is one medicine that is used for severe MPV, called tecovirimat, or TPOXX. It is allowed as an “investigation” drug for special circumstances for people who have severe MPV.
- Talk to your doctor if you think you might need TPOXX because of a special condition or severe disease.
- If you need TPOXX, your doctor will work with the health department, or other providers to get you TPOXX.

WHAT IS SEVERE MPV AND WHO IS AT RISK?

Most people get well from MPV without pills or treatment of any kind. But for some people MPV can be serious.

Here is what to look out for:

- any MPV blisters or spots on or near your eyes
- spots that spread all over your body or blend together
- problems with bleeding or bruises all over
- any trouble breathing, or thinking, or continuing to feel worse and not improving over time

The groups of people who may be at higher risk for getting **severe** MPV include:

- children under age 8
- people who are pregnant
- people whose immune system is not as strong because of a disease, an infection or from taking medicines
- people with a history of eczema and other skin conditions

If you are one of these groups of people, it is important to see your doctor early. You should call your doctor or clinic if you are worried you are getting severe MPV. And you should seek care by calling 911 or going to a hospital emergency room in a health emergency.





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IF I GET INFECTED, HOW LONG WILL IT TAKE ME TO GET SICK?

- After a person is infected with MPV, it may take 1 to 2 weeks for a person to have symptoms of MPV.
- People are not spreading MPV during the time before symptoms appear.

HOW LONG IS AN INFECTED PERSON CONTAGIOUS?

- You are able to spread MPV to other people from the start of your symptoms (like feeling like you have the flu) or the start of a rash, until all scabs have fallen off and new skin covers all the MPV spots
- This can take 2 to 4 weeks

CAN I GET MPV OVER AND OVER AGAIN?

- If you have been sick with MPV, your body may be able to prevent you from getting sick with MPV again.
- We are learning more, but we do not know how long your body's protection, or immunity might last.





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WHAT IF MY JOB INVOLVES TOUCHING PEOPLE?

- People with jobs or professions that have skin-to-skin contact with customers or clients should look at or visually inspect the area of skin that they are treating for signs of monkeypox
- It is also important to ask your customer/client about whether they have any flu-like symptoms (such as a fever)
- Do not touch anyone with flu-like symptoms or a rash that might be monkeypox. (Flu-like symptoms can also be associated with COVID-19, which is another reason to ask your customers about how they are feeling before providing services.)

WHAT KIND OF CLEANING PRODUCTS WORK AGAINST MPV?

The U.S. Environmental Protection Agency (EPA) has a list of approved cleaning solutions, or disinfectants for monkeypox. The list includes popular products that many people already use, such as Lysol and Clorox. In addition, the EPA has approved special product labeling for cleaning solutions to prevent monkeypox. The list of approved products can be found on the EPA website.

According to the CDC, if you have monkeypox you should clean and disinfect the spaces you are in regularly to prevent the spread of monkeypox to your family or household when you are staying home and staying away from others. This includes washing your bedding and towels. Do not shake them out.

Once you have gotten well from monkeypox and new skin has grown over all your monkeypox sores or spots, you should wipe down and clean your home as thoroughly as you can. The virus can live on surfaces such as bedding for as long as 15 days. More information and tips about cleaning during and after monkeypox can be found here: <https://www.epa.gov/pesticide-registration/disinfectants-emerging-viral-pathogens-evps-list-q>





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CAN KIDS GET THIS INFECTION?

- Anyone can get MPV
- Do not share a bed if you are feeling flu-like symptoms or you have a rash or spots
- If you or others have symptoms and shared a bed with a child, please contact your doctor right away
- Stay home, and stay away from other people in your home as much as you can, wear a mask and avoid close physical contact like kissing or hugging other people

I HAVE PETS IN MY HOME AND I HAVE MPV OR MPV SYMPTOMS. HOW CAN I PROTECT THEM?

- You should take steps, whenever possible, to protect everyone in your home, including your pets or companion animals
- We know that rodents can get MPV, and we do not know enough yet about whether dogs and cats can get MPV
- If you must take care of animals in your home, you should wear a mask, especially when you are touching or caring for your pet
- You should also wear clothes that cover your skin (such as long sleeves and long pants)
- You should wear gloves as much as possible, especially when feeding, petting or changing bedding, and you should thoroughly wash your hands before touching them
- Try to avoid being face-to-face with your pets including licking or kissing, until you are healed, even if you are wearing a mask
- More information about protecting animals in your home can be found online at <https://www.cdc.gov/poxvirus/monkeypox/specific-settings/pets-in-homes.html>





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HOW CAN WE PROTECT OURSELVES WHILE TRAVELING?

At this time, MPV is rare and considered a low threat to the general public. Almost everyone who gets MPV gets infected from having a lot of skin-to-skin or face-to-face contact, such as kissing and sex with someone who has MPV at a time when that person has symptoms and can spread it.

However, you should not sleep inside a hotel room that has not been cleaned after the previous people left.

There are reported cases of MPV in over 25 counties and the CDC recommends that travelers avoid close contact with sick people, as well as dead or live wild mammals. If you are traveling on a plane, avoid prolonged skin-to-skin contact, while sharing an armrest, for example.

The good news is that MPV is not nearly as contagious as COVID-19.

For more information, go to: [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox)

WHO IS ELIGIBLE FOR A JYNNEOS VACCINE?

- Gay, bisexual, and other men or trans people who have sex with men, who have had more than 1 sexual partner in the past 14 days
- Anyone [regardless of sexual orientation or gender identity] who engages in sexual activities for good, services and / or money.
- Persons who have had close contact within the past 14 days with someone with suspected or confirmed MPV
- Anyone at risk for severe events with ACAM2000 or severe disease of MPV [HIV or other immunocompromised condition]
- Laboratory workers who routinely perform MPV virus testing
- Clinicians who have had a high-risk occupational exposure (e.g., examined MPV lesions or collected MPV specimens without using recommended personal protective equipment)
- **NOTE:** According to the U.S. Food and Drug Administration, Jynneos is indicated for prevention of smallpox and MPV disease in adults. However, since no vaccine is 100 percent effective, it is important for individuals to reduce their risk of potential exposures to MPV both before and after being vaccinated.





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WHAT CAN I DO IF I WANT MORE INFORMATION?

- The CDC has a tremendous amount of information about MPV available online at <https://www.cdc.gov/poxvirus/monkeypox/index.html>
- If you would like to talk to someone about your personal situation, feel free to call Will County Health Department's MPV Information line at 779.230.6051.

