

ABOUT MONKEYPOX

Following is information drawn from public health sources on how to identify monkeypox symptoms and protect yourself from the virus. Since there is limited access to vaccines, it is important to take steps to help avoid exposure.

What is monkeypox?

Monkeypox is caused by the monkeypox virus, belonging to the same family as variola virus, which causes smallpox. Monkeypox is milder than smallpox and rarely fatal. Before the recent outbreak in several countries, it was typically seen only in central and western Africa, but has recently spread across geographic boundaries.

How does the virus spread?

The virus spreads through close, personal contact with a person with monkeypox. High risk contact includes hugging, kissing, massaging and sex. High risk contact may also include prolonged face to face interactions without any physical contact, as well as the touching of materials that were used by an infected individual including bed linens, towels, etc.

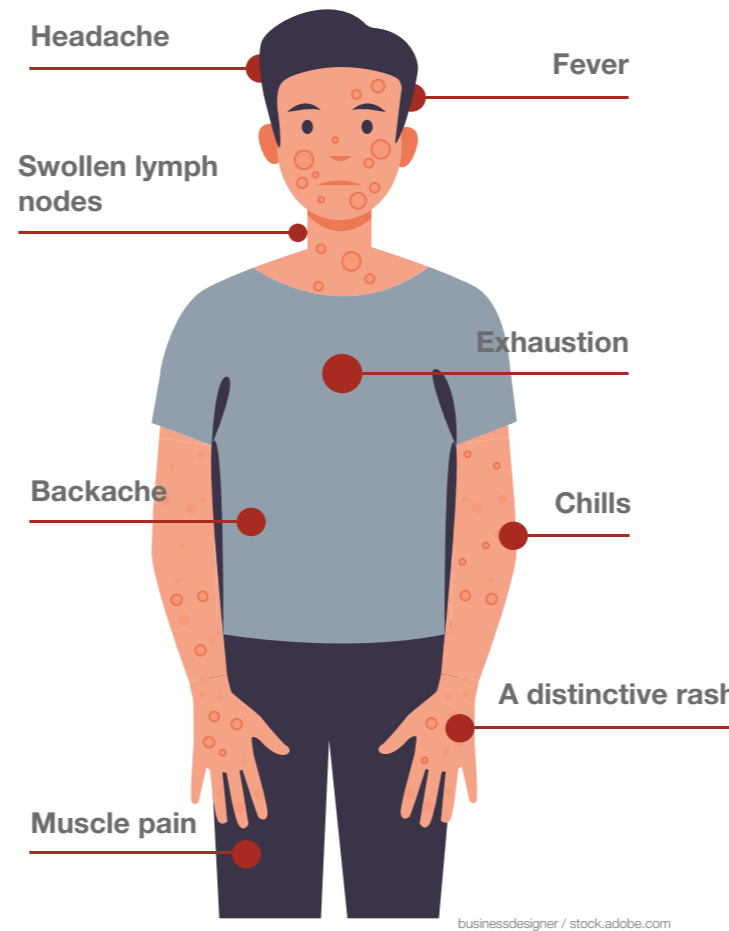
Who is at risk?

Anyone who has been exposed to the virus through close personal contact is at risk for contracting the illness regardless of gender or sexual orientation. Particular sexual practices, such as men who have sex with men (MSM), or having multiple sexual partners, has facilitated transmission of the virus among these groups. There is also a high risk among young children, pregnant women and immunocompromised individuals. Risk for healthcare workers varies and can be low if they are protected by PPE, or high if they are exposed to cases for a long period of time.

How long does it last?

Symptoms typically begin within 3 weeks of exposure, and last for 2-4 weeks. A person can spread the virus throughout the entire course of the illness, starting from the time of initial exposure until all symptoms have resolved and the rash has completely healed.

What are the signs and symptoms?



Symptoms:

- ✓ A rash that looks similar to blisters or pimples located on the hands, feet, chest, face, mouth, and on or near the genitals;
- ✓ Fever, chills, extreme fatigue, swollen lymph nodes, body aches and respiratory symptoms such as sore throat, stuffy nose and/or cough;
- ✓ The order and type of symptoms may vary. The rash can appear with or without other symptoms, or the other symptoms may precede or follow the rash.

How can I protect myself?



Get vaccinated if available & eligible

Vaccines are in limited supply and may be limited to individuals that have been exposed to the virus. Contact your doctor or public health authority to understand your options.

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Wash your hands frequently

Wash your hands frequently for at least 20 seconds and use an alcohol-based hand sanitizer, especially after using the bathroom and before eating. Avoid touching your face.

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Avoid direct contact with materials used by an infected person

Do not share utensils or cups with an infected individual; do not touch bed linens, towels, clothing or any other materials the person may have touched/used.

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Avoid direct skin to skin contact

Avoid coming into direct physical contact with the skin/rash/scabs of anyone who appears to have the rash.

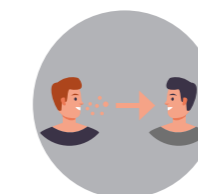
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Practice safer sex

Limit your sexual partners to reduce the chance of exposure to the virus. Avoid places where casual sexual contact or sex with multiple partners may occur.

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Limit prolonged face to face contact

Because the virus can spread via respiratory secretions, avoid prolonged face to face contact with unknown individuals, or with individuals with known viral exposure.

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