

Everything you need to know about **Monkeypox**



Since May '22, an outbreak of a disease called monkeypox has been taking place in many countries where it doesn't normally happen.

Any person who has close contact with a monkeypox case can become infected.

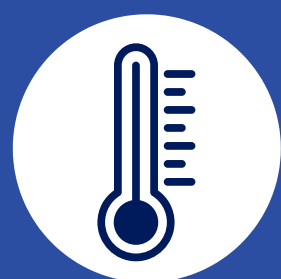


Symptoms

Infection may start with flu-like symptoms:



Symptoms may last 2-4 weeks



- Fever or chills
- Swollen lymph nodes
- Intense headaches
- Muscle aches
- Back Pain
- Fatigue



1-5 days later a skin rash appears, with blisters that can appear on genitals, hands, feet and/or mouth. The rash may start in one place and spread to other parts of the body.

Some people only get the rash.

How monkeypox is spread*

Monkeypox can spread from one person to another through skin-to-skin contact or **CLOSE, PROLONGED CONTACT** with:



Sores and blisters



Items like bedding or towels that have monkeypox virus on them



Respiratory droplets such as coughs and sneezes during close face-to-face contact over several hours

*Disease is spread **ONLY** if symptomatic.

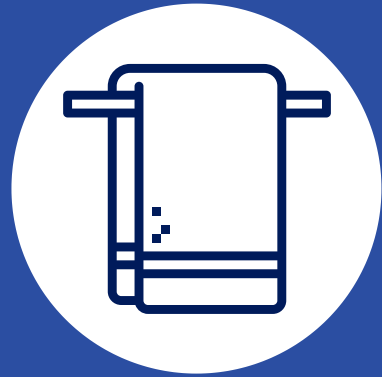
Protecting yourself and others

If you have been in close contact with a person with monkeypox infection, monitor for symptoms.

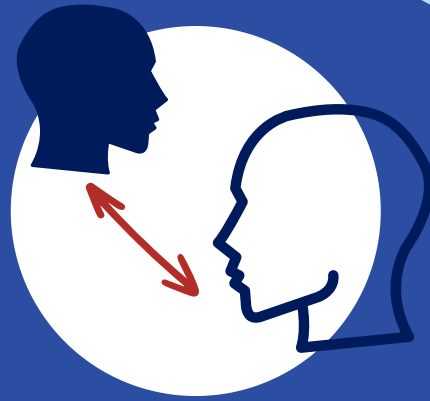
SYMPTOMS CAN START

3 to 21 DAYS AFTER YOU WERE IN CONTACT.

If you develop symptoms, visit your doctor or a clinic. A health provider can take a look and see if you need to be tested. **Tell them ahead of time that you think you might have monkeypox.**



Do not share towels, clothing, sheets, or other things that have touched your skin.



Avoid close, skin-to-skin contact with another person's rash or scab. Avoid kissing, hugging, cuddling or having sex with someone who is infected.



Clean your hands, objects, and surfaces that you touch regularly.



Wear a mask.

Can monkeypox be treated?

- Most people with monkeypox have mild symptoms which will go away after 2-4 weeks and do not require any specific treatment.
- Vaccine is available for those who have a known exposure to a monkeypox infection.

Who may be at risk for severe disease?

- People who are moderately or severely immunocompromised (HIV, cancer, organ transplant, etc.)
- Young children
- Pregnant women
- People with other skin problems such as eczema/dermatitis



i For more information
Information on monkeypox is changing as we learn more. For up-to-date information, please visit lucascountyhealth.com