

MONKEYPOX



KNOW THE FACTS

WHAT IS MONKEYPOX?

Monkeypox is a viral infection that causes headache, fever, swollen glands, aches and a painful rash that forms scabs. It is spread through skin-to-skin contact. Anyone can get monkeypox, but right now most cases are among men who have sex with men.

SIGNS & SYMPTOMS

- Headache
- Swollen lymph nodes
- Fever
- Rash or scabs
- Chills
- Muscle or backaches

LOWER YOUR RISK

- Avoid close, skin-to-skin contact with anyone who has a rash that looks like monkeypox.
- Check yourself and ask your partner(s) about recent rashes and illnesses.
- Avoid sharing clothing, bedding, or towels with someone that has monkeypox.

HOW IT SPREADS

Monkeypox is spread primarily through close person-to-person contact including:

- Intimate skin-to-skin contact
- Contact with respiratory droplets
- Contact with objects/fabrics that have been touched by infectious rash, scabs, or body fluids

Monkeypox can spread to others from when symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks. The rash may cover only a small part of the body or a large part. **Monkeypox is not spread by coughing or sneezing like COVID-19 or the flu.**

IF YOU ARE EXPOSED

Monkeypox symptoms usually start within 3 weeks of exposure to the virus.

- Get vaccinated within the first 14 days after exposure.
- Check for signs and symptoms for 21 days. If you are symptom free, you can continue daily activities.
- Avoid close contact with others until a healthcare provider has checked you out.
 - When you see a healthcare provider, wear a mask, and remind them that this virus is circulating in the area.

IF YOU ARE SICK

Most people with monkeypox recover fully within 2 to 4 weeks without needing medical treatment.

- **Stay home and isolate** until your monkeypox rash has healed with a new layer of skin and you are symptom-free.
- **Notify your close contacts** as soon as possible.
- **Get treatment** if you are more likely to become severely ill because you have a weakened immune system for example.
- **Contact your healthcare provider** to get tested if you have a rash.

For more information, visit
healthyar.info/MPX
or call 1-800-803-7847

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QR code
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