

MONKEYPOX GUIDANCE

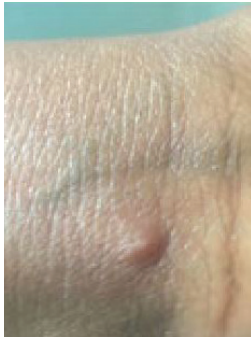
WHAT IS MONKEYPOX?

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal.

Monkeypox can spread to anyone through close, personal, skin-to-skin contact, including:

- Direct contact with the infectious rash, scabs or body fluids
- Respiratory secretions during prolonged, face-to-face contact
- During intimate physical contact, such as kissing, cuddling or sex
- Contact with objects, surfaces and fabrics (clothing, linens, towels) used by a person with monkeypox

People who do not have monkeypox symptoms cannot spread the virus to others.



SYMPTOMS

Monkeypox symptoms usually start within three weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash one to four days later.

Symptoms include:

- A rash that may look like pimples or blisters that appear on the face, inside the mouth and in other places like hands, feet and chest
- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Respiratory symptoms (sore throat, nasal congestion or cough)

Some people develop a rash first, followed by other symptoms.

Others only experience a rash.

Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off and a fresh layer of skin has formed. The illness typically lasts two-four weeks.

WHAT SHOULD I DO IF I'VE BEEN EXPOSED?

- Notify your healthcare provider immediately for consultation or contact your local health department if you do not have a provider.
- Avoid close contact (including intimate physical contact) with others until a healthcare provider examines you. Continue to avoid close contact while waiting on test results.
- Think about people you have had close, personal, skin-to-skin contact with in the last 14 days. You may be asked to share this information if you receive a monkeypox diagnosis to help stop the spread.
- If your test is positive, stay isolated until your rash has healed, all scabs have fallen off and a fresh layer of intact skin has formed.
- Remain isolated if you have a fever, sore throat, nasal congestion or cough. Only go out to see a healthcare provider or for an emergency. Avoid public transportation.
- If you must leave isolation, cover the rash and wear a well-fitting mask.

