

Monkeypox

What you need to know

Monkeypox is currently taking place in many countries that do not typically have cases, including the United States. It is important to note that the risk of monkeypox is not limited to men who have sex with men. **Monkeypox can spread to anyone through close, personal, often skin-to-skin contact.**

Symptoms

Symptoms start 5-21 days after exposure

RASH, BUMPS, OR BLISTERS
(see photo below)

Fever Backache
Headache Low Energy
Muscle Aches
Swollen Lymph Nodes



Photo Credit: NHS England High Consequence Infectious Diseases Network



HOW CAN YOU CATCH MONEKYPOX?

Close physical contact with a person with symptoms like skin-to-skin, face-to-face, kissing and sex or touching bedding, clothing, towels or other objects that touched the infected person's skin or body fluids.

HOW CAN YOU PROTECT YOURSELF FROM MONKEYPOX?

Avoid physical and intimate contact with anyone who has symptoms, talk openly with partners about symptoms prior to intimate contact and clean hands, objects, surfaces and bedding if you encounter someone with symptoms.

**** IF YOU HAVE SYMPTOMS, ISOLATE ****
FROM OTHERS AND CONTACT A
HEALTHCARE PROVIDER RIGHT AWAY.

Remember: Anyone can get monkeypox. Blaming any one community may harm public health efforts and cause providers to miss Monkeypox cases in other people.

What is monkeypox?

Monkeypox is an illness caused by the monkeypox virus. It is a viral zoonotic infection, meaning that it can spread from animals to humans. It can also spread from person to person. The disease is called monkeypox because it was first identified in colonies of monkeys kept for research in 1958.

What are the symptoms of monkeypox?

The most common symptoms of monkeypox include **fever, headache, muscle aches, back pain, low energy, and swollen lymph nodes. This is followed or accompanied by the development of a rash which can last for two to three weeks.**

Can people die from monkeypox?

In most cases, the symptoms of monkeypox go away on their own within a few weeks. However, in some people, an infection can lead to medical complications and even death. Newborn babies, children and people with underlying immune deficiencies may be at risk of more serious symptoms and death from monkeypox.

What should someone do if they have symptoms of Monkeypox?

If you think you have symptoms of monkeypox, contact your healthcare provider for advice, testing and medical care. Until you receive your test result, isolate yourself from others.

Clean your hands regularly.

Are men who have sex with men more likely to get Monkeypox?

The risk of monkeypox is not limited to people who are sexually active or men who have sex with men. **Anyone who has close contact with someone who has symptoms is at risk.** Many of the cases that have been reported in this outbreak have been identified among men who have sex with men. Given that the virus is currently moving from person to person in these social networks, men who have sex with men may currently be at higher risk of being exposed if they have close contact with someone who is infectious. Some cases of monkeypox have been identified at sexual health clinics. Monkeypox rashes can resemble some sexually transmitted diseases, including herpes and syphilis.

Is someone's risk of dying from monkeypox higher if they have HIV?

If untreated, HIV can weaken your immune system. There is some evidence that being immunocompromised may increase your risk of becoming infected if you are exposed, and of having serious illness or dying from monkeypox. However, more data is needed to understand this fully. People with multiple sexual partners, including people who are living with HIV, are encouraged to take steps to reduce their risk of being exposed to monkeypox by avoiding close contact with anyone who has symptoms. Reducing the number of sexual partners may reduce your risk.

If someone has had chickenpox are they still at risk of catching monkeypox?

Chickenpox is caused by a different virus (the varicella virus). Past exposure to chickenpox does not provide protection against monkeypox (caused by the monkeypox virus, which is an orthopoxvirus).

Can children get monkeypox?

Children can catch monkeypox if they have close contact with someone who has symptoms. Data from previously affected countries show that children are typically more prone to severe disease than adolescents and adults. There have been a small number of children with monkeypox in the current outbreak.