

FACTS ABOUT MONKEYPOX



WHAT IS MONKEYPOX?

Monkeypox is a rare disease caused by the monkeypox virus. Monkeypox virus is part of the same family of viruses that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

HOW DOES MONKEYPOX SPREAD?

Monkeypox spreads in different ways. The virus can spread from person-to-person through:

- Direct contact with the infectious rash, scabs, or body fluids
- Respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex
- Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids
- Pregnant people can spread the virus to their fetus through the placenta

Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks. At this time, it is not known if monkeypox can spread through semen or vaginal fluids.

WHAT ARE THE SYMPTOMS?

Symptoms usually appear 6–13 days after exposure, with a range of 5–21 days, and may include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion/Fatigue
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.



Photo credit: UK Health Security Agency

The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

- **If you have symptoms, you should separate yourself from other people and pets, cover your lesions, and contact your healthcare provider.**
 - It is important to call ahead before going to a healthcare facility and let them know that you are concerned about monkeypox.
 - You should avoid close physical contact with others until you have talked with your provider.

HOW CAN MONKEYPOX BE PREVENTED?

- Avoid close, skin-to-skin contact with another person's rash or scabs. Avoid kissing, hugging, cuddling or having sex with someone who is infected. Do not share eating utensils and cups. Do not share bedding, towels, or personal grooming devices.
- Wash your hands with soap and water or use an alcohol-based hand sanitizer after contact with infected individuals.
- Wear a mask if you think you have monkeypox and need to have close face-to-face contact with other people or need to have close contact with someone who may be infected.

For more information visit:

<https://www.cdc.gov/poxvirus/monkeypox>

Created by: Deborah Jones, MPH
Tribal Public Health Educator