

What You Need to Know About **Monkeypox**



Source: [cdc.gov](https://www.cdc.gov), [who.int](https://www.who.int), [chicago.gov](https://www.chicago.gov)

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What is monkeypox?



Monkeypox is a disease caused by the monkeypox virus.

It can cause flu-like symptoms and a painful and/or itchy rash with pimple or blister-like lesions. Lesions go through several stages before scabbing over.



Photo Credit: cdc.gov, NHS England High Consequence Infectious Diseases Network

Signs/symptoms and severity can vary. Illness can last 2-4 weeks.

Who is at risk?

Current monkeypox cases are disproportionately among gay, bisexual, or other men who have sex with men. At this time, it is primarily spreading through intimate skin-to-skin contact.

Of note, **ANYONE** in close contact with someone who has symptoms can get it.

Children <8 yrs. and those pregnant, breastfeeding, or immunosuppressed may be at higher risk.



"Stigma and discrimination can be as dangerous as any virus."

WHO Director-General Tedros Adhanom Ghebreyesus

How does it spread?

Direct contact with monkeypox rash, scabs, or body fluids.

Contact with respiratory secretions through kissing or other face-to-face contact.



Contact with clothing, bedding, or other objects that have been used by someone with monkeypox.

To a fetus through the placenta in pregnant individuals.

How can I prevent monkeypox?

Avoid close contact (touching sores, kissing, sex) with anyone who has a rash or symptoms of monkeypox.



Avoid contact with items a person with monkeypox has used.

Wash hands often with soap and water or alcohol-based hand sanitizer.





Is there a vaccine?

Yes. There are two vaccines that may be used for the prevention of monkeypox infection.

Who is currently eligible to receive it?

Those eligible:



People who have been exposed to monkeypox



People who may be more likely to get monkeypox

*Vaccine supply remains very limited at this time.
Contact your local health department for more information.*

What should I do if I might have monkeypox?



Call your healthcare provider. An antiviral (TPOXX) may be recommended if you have monkeypox and are more likely to become severely ill.



Isolate. Avoid close contact with people and pets. Do not share clothing, bedding, towels, dishes, or utensils with others.



If you need to leave isolation, wear a mask and cover rash/sores around others. Monkeypox can be transmitted from the start of symptoms until scabs have separated and the skin has healed.



Wash hands and surfaces regularly.*

*<https://www.cdc.gov/poxvirus/monkeypox/specific-settings/home-disinfection.html>

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