

## 1 What is monkey pox and how does it spread?

Monkey pox is a viral disease that infects animals like rodents and monkeys and can spread to humans. Although monkey pox occurs predominantly in Central and West African countries, majority of the cases in recent global outbreak are reported in U.S and Europe. As of 8/3/22, over 6,600 cases in U.S and 85 cases in Arizona have been reported.

Monkeypox can spread to ANYONE

- Through close skin to skin contact with monkeypox rash, sores, or scabs.
- Through respiratory droplets or body fluids during intimate physical contact .
- Contact with fabrics, objects, or surfaces contaminated with the monkeypox virus (such as clothing, bedding, or towels)

## 2 What are the signs and symptoms?

- Fever
- Rash with firm bumps on face, hands, feet, body, or genitals
- Swollen lymph nodes
- Chills
- Low energy



## 3 What Should You Do If...

**You've been in contact with someone who received a diagnosis of monkeypox or has a similar rash?**

- See your health care provider for further evaluation, monitor for symptoms
- Avoid physical contact, including sex or intimate contact, with anyone until you have been checked out

**You have a new or unexplained rash or sores?**

- See your health care provider for further evaluation
- Avoid physical contact, including sex or intimate contact, with anyone until you have been checked out

**You have been diagnosed with monkeypox?**

- Isolate from others and follow treatment recommendations from your provider.
- Avoid physical contact, including sex or intimate contact, with anyone until all sores have healed and a fresh layer of skin has formed

## 4 Treatment

There are no treatments specifically for monkeypox virus infections. Antiviral drugs and vaccines developed to protect against smallpox can be used to prevent and treat monkeypox. Vaccines and medicines are prioritized for those people who have had known exposure and are at risk for severe disease from monkeypox (such as people with underlying chronic health conditions or weakened immunity)



## 5 Prevention

- Avoid close physical contact with people who have symptoms, including sores or rashes
- Talk to your sexual partner/s about any recent illness and be aware of new or unexplained sores or rashes
- Avoid contact with, contaminated materials
- Wear PPE (mask, gloves, gown) if you can't avoid close contact with someone who has symptoms
- Practice good hand hygiene