

INFORMATION ABOUT MONKEYPOX

What is monkeypox?

Monkeypox 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 recent cases have been reported in Europe. As of 5/24/22 there has been 1 confirmed and 8 suspected cases reported in the U.S.

How does it spread?

- Close contact with an infected person. (The virus can enter the body through broken skin and mucous membranes, through the eyes, nose, mouth or respiratory secretions, or sexual contact.)
- Touching clothing and bedding used by someone with rash
- Contact with infected animals such as monkeys, rats and squirrels through a bite or contact with the animal's bodily fluids.

This virus is NOT as contagious as covid or flu virus

What are the symptoms of monkeypox?

Initial symptoms include fever, headaches, swollen glands, back pain, muscle aches. These symptoms often are accompanied by a pimple-like or blister-like rash.

Most cases are mild, sometimes resembling chickenpox, and clear up on their own within a few weeks, though this may take up to 14-21 days

The severity of the illness will depend on the initial health of the individual, the route of exposure, and the strain of the infecting virus.

What do you do if infected or suspect you were infected with monkeypox?

Please seek medical attention immediately if you have fevers, body aches, and swollen glands, accompanied with a rash.

Please contact your healthcare provider for further evaluation if you feel sick AND have:

- Traveled to countries where monkeypox cases have been reported
- Have had contact with a person who has a similar rash or received a diagnosis of confirmed or suspected monkeypox
- If you are a male who has had close or intimate in-person contact with other men in the past month

What is the treatment? And how do you prevent infection?

- Outbreaks can be controlled by avoiding contact with infected person
- Available vaccines against smallpox is effective in preventing monkeypox infection
- Certain Antiviral drugs may also help.