

Monkeypox: What to Know

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How Does Monkeypox Spread?

- **Monkeypox is a rare disease that can spread through close, in-person or physical contact including:**
 - o Direct contact with monkeypox rash, sores or scabs
 - o Contact with objects, fabrics (clothing, bedding or towels) and surfaces that have been used by someone with monkeypox
 - o Breathing in respiratory droplets or oral fluids from a person with monkeypox (respiratory droplets are saliva, mucus and other matter that come out when we breathe, speak, sneeze or cough)
 - Airborne transmission usually requires prolonged face-to-face contact
- **Monkeypox can spread from the time symptoms begin until all sores have healed and a fresh layer of skin has formed, which can take several weeks**

What Are Monkeypox Symptoms?

- **Early symptoms of monkeypox are flu-like and can include:**
 - o Fever
 - o Headache
 - o Muscle aches and backache
 - o Swollen lymph nodes
 - o Chills
 - o Exhaustion
 - o A rash or sores, sometimes located on or near or inside the genitals or anus, but sometimes on other areas like the hands, feet, chest, face or inside the mouth
- **Some people experience a rash or sores first, followed by other symptoms; some only experience a rash or sores**

Who Is at Risk for Monkeypox?

Anyone can develop monkeypox. People who have had close contact with an infected person are most at risk. Those who have traveled outside the United States to a country with confirmed cases of monkeypox or where monkeypox is endemic are also at risk. The infectious period begins when the rash, sores or scabs are present on the body.

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
- 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 and remind them that monkeypox is spreading in the United States
- Avoid physical contact, including sex or intimate contact, with anyone until you have been checked out

You have been diagnosed with monkeypox?

- Follow treatment and prevention recommendations of your health care provider
- Avoid physical contact, including sex or intimate contact, with anyone until all sores have healed and a fresh layer of skin has formed