



WHAT YOU NEED TO KNOW ABOUT MONKEYPOX

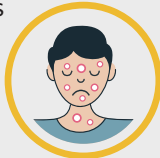
What is monkeypox?

Monkeypox is a viral infection that is primarily transmitted through close personal contact, including kissing, sex, and other skin-to-skin contact.

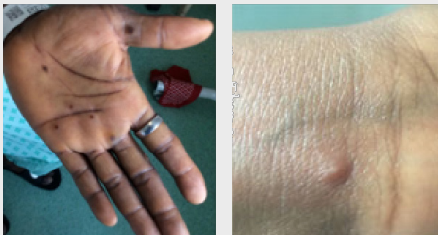
So far, cases have been concentrated among men who have sex with men, but **anyone can get monkeypox!**

What are the symptoms?

The main symptom is a rash that might look like blisters or pimples. It can appear anywhere on the body, and could look like one of these pictures:



SKIN RASH



How does monkeypox spread?

- Primarily through direct contact with a rash, scabs, or body fluids.
- Through respiratory secretions during prolonged face-to-face contact, or intimate physical contact (kissing, cuddling, sex, etc.).
- By touching items that were in contact with an infectious rash or body fluids.



CONTACT WITH LESIONS



BODY FLUIDS



CONTAMINATED MATERIALS



RESPIRATORY DROPLETS

Monkeypox can spread from the time symptoms begin until the rash is fully healed with a fresh layer of skin.

People without symptoms cannot spread the virus.

Settings with the highest risk of transmission include crowded concerts, bars, clubs, raves, dance parties, or anywhere else you may be **body-to-body** with other people.

Pregnant or immunocompromised people may be at higher risk and should take precautions.

How do I protect myself against monkeypox?

AVOID skin-to-skin contact with anyone who has a rash. **DON'T** touch their rash or scabs. **DON'T** kiss, hug, cuddle, or have sex with them. **DON'T** share eating utensils or cups. **DON'T** touch their bedding, towels, or clothing. **DO** wash your hands with soap and water, or use alcohol-based hand sanitizer.

If you are exposed or are at high risk of becoming exposed, ask your healthcare provider about vaccination options!

Other symptoms may or may not include:



FEVER



HEADACHE



MUSCLE ACHES



BACK ACHE



EXHAUSTION



SWOLLEN LYMPH NODES

The illness usually lasts 2-4 weeks. If you have an unexplained rash or other symptoms, self-isolate, avoid sex or intimate contact, wear a mask, and **contact your healthcare provider immediately** as there is treatment available!