



Facts

- Monkeypox is spread through intimate contact with an infected person.
- The exchange of bodily fluids during intimate acts, including any type of sexual intercourse, kissing, hugging, cuddling or other skin-to-skin contact can spread the virus.
- Direct contact with rashes, scabs, or bodily fluids from a person with monkeypox can spread the virus.
- Monkeypox can be passed on from materials such as bedding, towels, and clothing from someone who is infected and whose bodily fluids were left on these items.
- The more unprotected sexual partners a person has, the higher their risk.

Myths

- As of now it is not known to be spread through the air. Sitting in a room or passing someone on the street with monkeypox will not pass on the infection.
- This is not an LGBTQIA+ disease, any person who has sex or close intimate contact with an infected person can get monkeypox.
- Monkeypox can be contracted regardless of sexual orientation or gender identity.

Those at Highest Risk

- Monkeypox spreads through close, physical contact between people. This means anyone can get monkeypox.
- However, the majority of those infected currently are men who have sex with men (MSM), so this community is at higher risk.
- Anyone who has unprotected sex with multiple partners is at higher risk.

Symptoms

- Headaches
- Coughing or sore throat
- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Can be painful and itchy
- The rash will go through several stages, including scabs, before healing
- A rash can cause bumps with crust or pus on or near the genital areas, face, or other body parts
- The rash can initially look like pimples or blisters and may be painful or itchy



How long do monkeypox symptoms last?

- Monkeypox symptoms usually start within 3 weeks of exposure to the virus. If a person's symptoms start with flu-like symptoms, they will usually develop into a rash 1-4 days later.
- Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed.
- The illness typically lasts 2-4 weeks.

Vaccines

- Monkeypox Vaccine JYNNEOS is a prevention technique used before you get infected to limit spread and infection.
- People can be vaccinated after exposure to the virus to help prevent monkeypox disease.
- Because there are limitations in our knowledge about the effectiveness of these vaccines in the current outbreak, people who are vaccinated should continue to take steps to protect themselves from infection.
- Vaccines do not cure or heal monkeypox, although they can help provide protection.
- Once you think you have been infected with monkeypox, seek medical attention immediately.

How do I protect myself and my community?

- Do not exchange bodily fluids or have sex or close intimate contact with anyone who has monkeypox or has been exposed.
- Wear condoms when having sex.
- Disinfect bedding, clothing, and towels after sex with someone who may have monkeypox.
- If you are at high risk, get vaccinated. You can find vaccines available in your area here: <https://mpoxvaxmap.org/>

What do I do if I think I have been exposed?

- Watch for symptoms of monkeypox for up to 21 days after exposure.
- Get vaccinated.
- If you have symptoms, see your health care provider, or contact your local health department.

What do I do if I think I have monkeypox?

- Stay away from other people and avoid sharing items you have used or touched until you have been seen by a healthcare provider.
- Before you are seen by a healthcare provider, cover all parts of the rash with clothing, gloves, or bandages, wear a mask and let them know you may have monkeypox.
- Do not touch or scratch the rash. This can spread the rash to other parts of your body, increase the chance of spreading the virus to others, and possibly cause open lesions to become infected by bacteria.
- There is no medication to specifically treat monkeypox. But it has been found that the medication used to treat smallpox, which is a similar virus, can be used to treat monkeypox