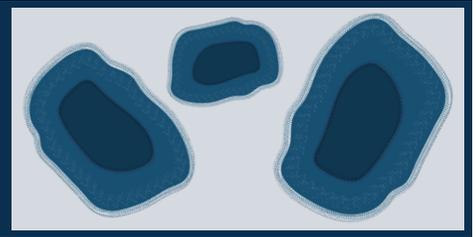


MONKEYPOX



What is monkeypox?

Monkeypox is a virus that can spread from animal to person and person to person. It is closely related to the orthopoxvirus that causes smallpox but results in less severe illness.

Where does it come from?

The virus is naturally occurring in central and west Africa but there have recently been cases around the world with no reported travel to these areas. Natural hosts of the virus include African species of squirrels, Gambian pouched rats, African, Asian, and European dormice, and non-human primates.

How does it spread?

Monkeypox is spread when a person comes into contact with mucus, saliva, respiratory secretions, bodily fluids, or skin lesions of an infected animal or person or has contact with a recently contaminated object, such as clothing or bedding.

Prolonged face-to-face contact with an infected person can result in transmission through respiratory droplets when an ill person breathes, coughs, or sneezes. Transmission also can occur during pregnancy from mother to fetus through the placenta or during close contact during and after birth. Additional studies are needed to determine whether monkeypox can be transmitted through sexual contact.

What are the symptoms?

People typically develop symptoms 6-13 days after they are exposed to the virus, but onset can range from 5-21 days. Infection occurs in two phases: **invasion** and **skin eruption**.

- **Invasion** begins with flu-like symptoms such as fever, headache, muscle aches, backache, chills, and fatigue. One distinct symptom at this phase is swollen lymph nodes. This lasts for 0-5 days.

- **Skin eruption** typically starts 1-3 days after the invasion fever begins. It is characterized by skin lesions that begin on the face and spread to the rest of the body, most heavily affecting the face, inside of the mouth, palms of the hands, and soles of the feet.

Symptoms last 2-4 weeks and more serious illness occurs in children and those who are immunocompromised. Death occurs in 1-11% of cases.

What should I do if I think I have monkeypox?

People who develop symptoms after recent travel to or from areas where monkeypox has been reported, or who have had close contact with a person who has or may have monkeypox, are at higher risk of contracting monkeypox. If you have symptoms and/or have reason to believe that you have monkeypox, reach out to your healthcare provider. Your health care provider may swab skin lesions to perform a test to confirm the presence of monkeypox.



How can I prevent myself and others from becoming sick?

- Avoid contact with animals that may be infected (including sick or dead animals, especially in areas where monkeypox has been confirmed)
- Avoid contact with materials, such as bedding or clothing, that have been in contact with a sick animal or person
- Practice good hand hygiene (wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer)
- Isolate ill individuals away from others and use appropriate protective equipment when caring for someone with monkeypox

If you have been in contact with someone who has tested positive for monkeypox, public health may reach out to you with instructions on how to monitor for symptoms. If you have an exposure and develop symptoms, you should self-isolate immediately and contact your local health department and primary care physician for guidance.

Can monkeypox be treated?

Monkeypox is self-limiting, meaning that an infected person, under the supervision of a medical professional, usually recovers without treatment. There are no treatments specific to monkeypox available at this time, however, smallpox antivirals may be considered for use, particularly for those with severe symptoms or who may be at risk of poor outcomes. There is one vaccine approved by the FDA for the prevention of both smallpox and monkeypox. The last natural case of smallpox occurred in 1977 and smallpox was declared eradicated in 1980, but the smallpox vaccines have shown 85% effectiveness at preventing monkeypox. Smallpox vaccines were last given to the general U.S. public in 1972.

What is currently known about monkeypox cases being found around the world?

Since May 2022, monkeypox cases have been identified in several countries where monkeypox is not regularly found. Public health investigation is ongoing to determine how monkeypox is being transmitted and what actions can be taken to further prevent the spread. In contrast to typical monkeypox, some recently reported cases have not begun with flu-like symptoms but instead with a monkeypox-like rash in the genital region. In the U.S., the first case of monkeypox associated with the current outbreak was identified on May 18.



For more information:

Centers for Disease Control and Prevention (CDC):

- **General Information:** www.cdc.gov/pox-virus/monkeypox/index.html
- **2022 US Monkeypox Investigation:** www.cdc.gov/poxvirus/monkeypox/outbreak/current.html

World Health Organization (WHO):

- **General Information:** www.who.int/health-topics/monkeypox#tab=tab_1
- **Multi-country Monkeypox Outbreak Updates:** www.who.int/emergencies/emergency-events/item/2022-e000121