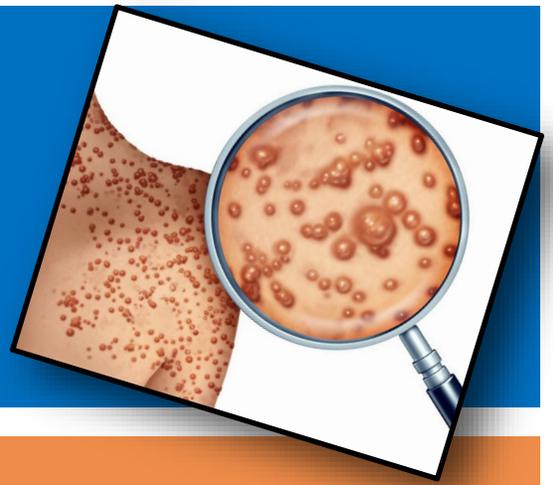


# What you should know about **MONKEYPOX**



**WHAT IS IT?** Monkeypox is a viral illness with symptoms similar to smallpox, but less severe.

**WHO CAN GET IT?** *ANYONE* can get monkeypox. Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts two to four weeks.

**HOW IS IT TRANSMITTED?** Monkeypox is transmitted from person to person through:

- Direct contact with the infectious rash, scabs or body fluids.
- Respiratory transmission during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling or sex.
- Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids.
- Pregnant people can spread the virus to their fetus through the placenta.

**WHAT ARE THE SYMPTOMS?** Symptoms include fever, headache, muscle aches, backache, swollen lymph nodes, chills, exhaustion, and a rash that can look like pimples or blisters.

## **PREVENTION AND TREATMENT:**

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- If you or your partner has monkeypox, avoid sex of any kind and avoid kissing or touching each other while you are sick.
- Thoroughly wash objects or fabrics that have come into contact with an infected person.
- JYNNEOS, an FDA-approved vaccine to prevent smallpox and monkeypox, is being used in this outbreak to prevent infection in people who have experienced high risk exposures.

## **Monkeypox: Myth vs. Facts**

**MYTH:** *Monkeypox is an STD.*

**FACT:** Although monkeypox can be spread through intimate physical contact with someone with a rash, evidence doesn't currently suggest that virus can be transmitted specifically through semen, vaginal fluid, or other sexual transmission routes.

**MYTH:** *MSM and the LGBTQ community are the only people at risk for monkeypox.*

**FACT:** Anyone can get monkeypox. Unprotected skin-to-skin contact between a patient and their household members, or between a patient and caregiver can transmit the virus.

**MYTH:** *Monkeypox is a new virus and only affects people from African countries.*

**FACT:** While monkeypox has historically been most common in the central and western African regions, a person of any race or ethnicity can contract monkeypox.

**MYTH:** *Monkeypox is fatal.*

**FACT:** Monkeypox cases that are part of the current global outbreak are rarely fatal. Over 99% of people who get monkeypox are likely to survive. However, people who are immunocompromised, children under eight, people with a history of eczema, and people who are pregnant or breastfeeding are at risk for more serious illness with monkeypox.



Allegany County  
**HEALTH DEPARTMENT**  
"Healthy People, Healthy Communities"

For more information:

[www.cdc.gov/poxvirus/monkeypox](http://www.cdc.gov/poxvirus/monkeypox)