

MONKEYPOX

WHAT YOU NEED TO KNOW

WHAT IS MONKEYPOX?

Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and is rarely fatal. Monkeypox is not related to chickenpox.



HOW IT SPREADS

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact. This includes:

- Direct contact with monkeypox rash, scabs, or body fluids
- Touching objects, fabrics, & surfaces that have been used by someone with monkeypox
- Sexual or intimate contact
- Hugging, massage, & kissing
- Prolonged face-to-face contact

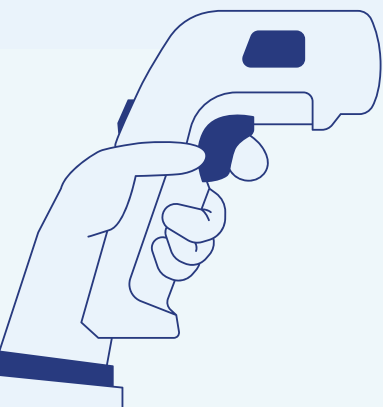


WHAT ARE THE SYMPTOMS?

Those with Monkeypox may develop a rash located on or near the genitals or anus & could be on the hands, feet, chest, face, or mouth. This rash may initially look like pimples or blisters and may become painful or itchy.

OTHER SYMPTOMS INCLUDE:

- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle/back aches
- Headache
- Respiratory symptoms (e.g. sore throat, congestion, or cough)



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VISUAL EXAMPLES OF
MONKEYPOX RASH



Photo Credit: NHS England High Consequence Infectious Diseases Network



HOW LONG DO THEY LAST?

Symptoms usually start within 3 weeks of exposure. Monkeypox can be spread from the time of symptom onset until the rash has healed, all scabs have fallen off, **and** a fresh layer of skin has formed. This typically lasts 2-4 weeks.

WHAT TO DO IF YOU'RE SYMPTOMATIC NEW/UNEXPLAINED RASH OR OTHER SYMPTOMS

- Avoid close contact, including sex & intimacy, until you've been examined by a healthcare provider
- Continue to monitor yourself for other symptoms



TESTED POSITIVE FOR MONKEYPOX?

- Contact the Health & Wellness Center
- Isolate yourself from others until the rash has fully healed with a new layer of skin or you have gone 5 days without symptoms
- Use gauze, bandages, or wraps to cover rashes & limit the spread to your environment
- Avoid popping or scratching any rashes to prevent spread to other areas of your body
- Manage symptoms with ibuprofen, acetaminophen, or topical gels
- Notify your close contacts that may have been exposed as soon as possible

Contact your local healthcare provider or urgent care center if you are experiencing symptoms.

You can also visit our campus health providers:

- **Nicole McKinley, RN** takes walk in's Tues, Weds, & Fri. 9-4p
- **Teri Ahrens, NP** is available by appointment on Wednesdays 11-4

Schedule
with Teri here



Source: Centers for Disease and Control and Prevention