

5 Facts About Monkeypox

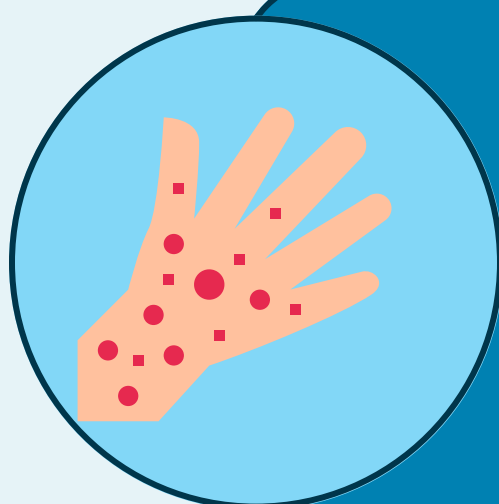
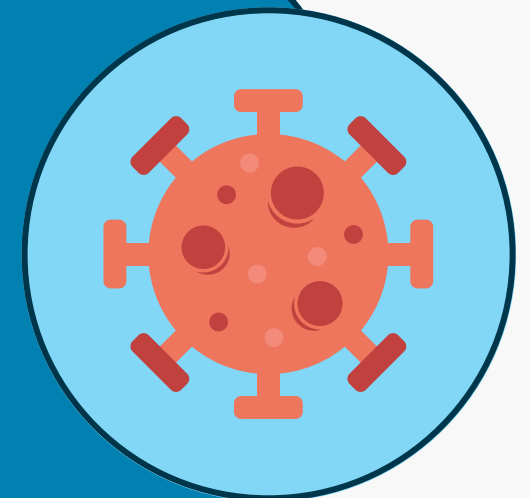


1. What is it?

Mpox (Monkeypox) is a viral illness caused by the monkeypox virus. There was a recent outbreak of this disease in 2022. In the United States, 85% of cases were in large urban areas. There is a high rate of infection among men who have sex with men.

2. How does it spread?

Monkeypox is spread through person to person contact by direct contact with infectious skin or other lesions such as on the mouth or genitals. This contact can occur through face to face interaction like talking, skin to skin, through sex, mouth to mouth kissing, mouth to skin contact or respiratory droplets from prolonged close contact.



3. What are the symptoms?

Common symptoms of monkeypox are a skin rash or mucosal lesions which can last 2–4 weeks accompanied by fever, headache, muscle aches, back pain, low energy, and swollen lymph nodes. Usually, the rash starts on your face and spreads to the body including the palms and soles of the feet.

4. What do I do if I get sick?

If you notice a new rash or start to feel sick, contact your doctor immediately. Typical treatment is to take care of the rash, provide pain management, and prevent complications. People with monkeypox are infectious and can pass the disease on to others until all sores have healed and a new layer of skin has formed.



5. How can I prevent the disease?

It is recommended that you get vaccinated for monkeypox within 14 days of close contact to someone who is infected. Vaccination is recommended for high risk groups including health workers at risk of exposure, men who have sex with men, people with multiple sex partners, and sex workers. Safe sex procedures like use of condoms will also help prevent any transmission.

