

MONKEYPOX: FREQUENTLY ASKED QUESTIONS

What is monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus. 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 monkeypox is rarely fatal.

2022 Outbreak

CDC is currently tracking an outbreak of monkeypox that has spread across several countries that don't normally report monkeypox, including the United States. There have been reported monkeypox cases in Ohio. **While it's good to stay alert about any emerging public health outbreaks, the current risk of getting monkeypox in the general public is very low.**

How does monkeypox spread?

The virus can spread from person-to-person through:



direct contact with infectious sores, scabs, or body fluids



respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex



touching objects, fabrics (clothing, bedding, or towels) that have been used by someone with monkeypox and haven't been cleaned



pregnant people can spread the virus to their fetus through the placenta



infected animals, either by being scratched or bitten or by preparing or eating meat or using products from an infected animal.

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 2-4 weeks. It is still unknown whether the virus can be spread by someone with no symptoms.

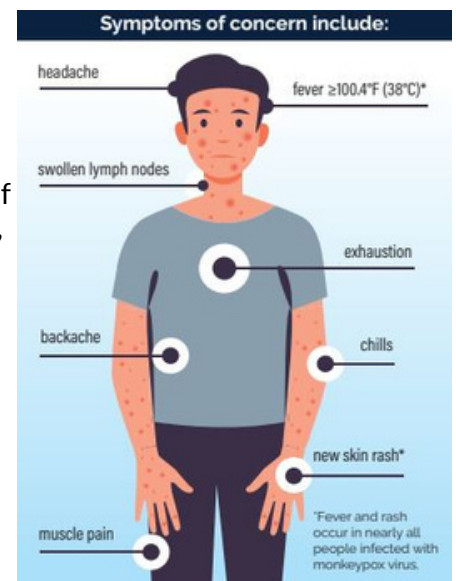
What are the symptoms?

Symptoms of monkeypox can include:

- Rash that can look like pimples or blisters that appears on face, inside the mouth, and on other parts of the body (hands, feet, chest, genitals, or anus). Rash may be painful and itchy.
- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Headache
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)




Sometimes, people get a rash first followed by other symptoms. Others may experience flu-like symptoms followed by a rash or only experience a rash. Symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later.

If you think you have been exposed, have a new or unexplained rash, or are having other monkeypox symptoms, contact your healthcare provider.



How can monkeypox be prevented?

Take the following three steps to prevent getting monkeypox:

-  Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox (includes kissing, hugging, cuddling)
-  Avoid contact with objects and materials that a person with monkeypox has used
-  Wash your hands often with soap and water or use alcohol-based hand sanitizer.

Early indications are that events with activities in which people engage in close, sustained skin-to-skin contact have resulted in cases of monkeypox. If you plan to attend an event, consider how much close, personal, skin-to-skin contact is likely to occur there.

Who is at risk?

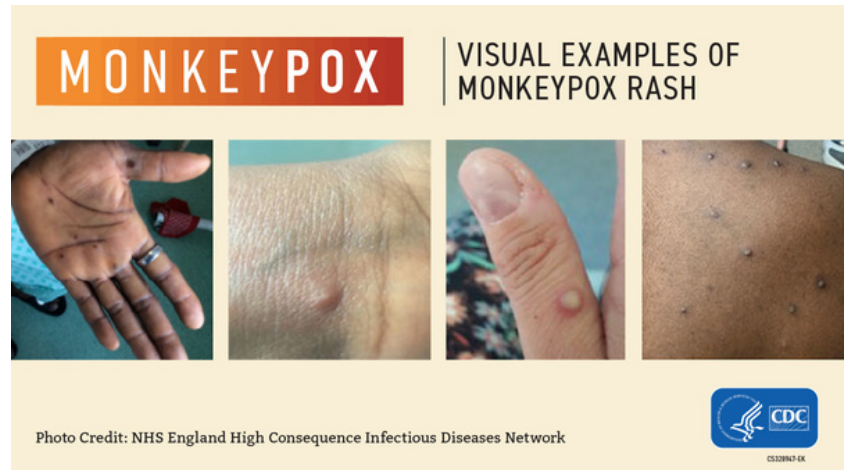
Anyone can get monkeypox, regardless of gender identity or sexual orientation, if they come in close contact with someone infected with the virus.

At this time, most, but not all cases of monkeypox within the 2022 outbreak have been found in people who identify as gay, bisexual, or men who have sex with men. However, it is not considered a sexually transmitted infection (STI) as it can be spread by other types of close contact.

What to do if you've been identified as a contact

Contacts of animals or people confirmed to have monkeypox should be monitored for symptoms for 21 days after their last exposure.

- Call your local health department and ask to speak to a public health nurse
- For 21 days, monitor your temperature twice daily
- If you develop symptoms, isolate and contact the health department.
- If you do not have symptoms, you can continue routine daily activities (e.g. go to work, school).
- Do not donate blood, cells, tissue, breast milk, semen, or organs while under symptom monitoring.



What treatments are available?

Most people recover from their illness within 2-4 weeks without needing any specific treatment.

Antivirals, such as tecovirimat (TPOXX), may be recommended for people who are more likely to get severely ill, like patients with weakened immune systems.

If you have symptoms of monkeypox, you should talk to your healthcare provider, even if you don't think you had contact with someone who has monkeypox.

What about a vaccine?

The preferred vaccine to protect against monkeypox is JYNNEOS, which is a two-dose vaccine. CDC recommends vaccination for people who have been exposed to monkeypox and people who may be more likely to get monkeypox. **Right now, Ohio has a very small supply of vaccine to help prevent monkeypox. The vaccine is being given to communities with the most cases to help limit spread.**

What should I do if I think I have monkeypox?

If you have a new or unexplained rash or other symptoms of monkeypox, see a healthcare provider.

If you think you have monkeypox, cover all parts of the rash with clothing, gloves, or bandages, and wear a mask. Remember to:

- Avoid touching anyone until you have been to the doctor.
- If your test result is positive, follow your healthcare provider's recommendations. You will be contacted by your local health department.
- Wash your hands often and try not to touch your eyes.
- Stay in a space away from others until your rash has healed, all scabs have fallen off, and a fresh layer of intact skin has formed.