

MONKEYPOX

What is Monkeypox?

A 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. Monkeypox is not related to chickenpox.

Signs and Symptoms

- Rash
- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Headache
- Respiratory symptoms
 - Sore throat, nasal congestion, or cough
- You may experience all or only a few symptoms
- 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.
- Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. The illness typically lasts 2–4 weeks.

Monkeypox Rash

- Pimple-like lesions or sores in areas such as the genitals, anus or buttocks, and on the face, arms, chest, and legs.. It also can present as ulcers, lesions or sores in the mouth.
- Starts in the center of the body, the face, or the head, and then moves outward to the extremities
- The rash will go through several stages, including scabs, before healing.
- The rash can initially look like pimples or blisters and may be painful or itchy.
- Sometimes, people have flu-like symptoms before the rash.
- Some people get a rash first, followed by other symptoms. Others only experience a rash.

Monkeypox Rash Cont.



How is Monkeypox spread?

- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including:
- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions.

There is no treatment specifically for Monkeypox

- Prevention
 1. **Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.**
 - Do not touch the rash or scabs of a person with monkeypox.
 - Do not kiss, hug, cuddle or have sex with someone with monkeypox.
 2. **Avoid contact with objects and materials that a person with monkeypox has used.**
 - Do not share eating utensils or cups with a person with monkeypox.
 - Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
 3. **Wash your hands often.**
 - Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.

