

MONKEYPOX

FACT SHEET

What is monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus. The virus is part of the same family of viruses that causes smallpox. Monkeypox is rarely fatal but can cause painful lesions, sickness and discomfort.

How is monkeypox transmitted?

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



direct contact with the infectious rash, scabs, or body fluids



respiratory secretions 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

Visual examples of monkeypox rash



What should I do?

If you are experiencing symptoms of monkeypox, please contact your healthcare provider. Known contacts of individuals with monkeypox will be contacted by Public Health to be monitored for symptoms for 21 days after their last exposure, and to receive additional guidance and vaccination.

Contacts that remain symptom-free can continue routine daily activities (e.g., go to work, school). Contacts should not donate blood, cells, tissue, breast milk, semen, or organs while they are being monitored for symptoms.

Symptoms of concern include:

headache

fever $\geq 100.4^{\circ}\text{F}$ (38°C)*

swollen lymph nodes

exhaustion

backache

chills

muscle pain

new skin rash*

*Fever and rash occur in nearly all people infected with monkeypox virus.

Monkeypox can be transmitted 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. At this time, it is not known if monkeypox can spread through semen or vaginal fluids. **If you suspect you have been exposed to monkeypox contact your healthcare provider.**