

Monkeypox

Frequently Asked Questions

What is Monkeypox?

Monkeypox is a rare disease caused by an infection with the monkeypox virus. It is in the same family of viruses as the virus that causes smallpox. The symptoms of monkeypox are similar to small pox but are typically more mild. Monkeypox is rarely fatal.

How does 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.

It's also possible for people to get monkeypox from infected animals, either by being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal. A person with monkeypox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.

What are the symptoms of Monkeypox?

Symptoms usually appear 7-14 days after exposure but can range from 5-21 days. Illness typically lasts for 2-4 weeks. Symptoms can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (sore throat, nasal congestion, cough)
- Rash, may be located on or near the genitals or anus but could also be on other areas like the hands, feet, chest, face, or mouth. The rash will go through several stages, including scabs, before healing. The rash can look like pimples or blisters and may be painful or itchy.



Photo Credit: UK Health Security Agency



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When can a person with monkeypox spread it to others?

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.

Can someone get monkeypox from having sex?

Monkeypox is not considered a sexually transmitted infection. However, it can spread during intimate physical contact between people.

What is the treatment for monkeypox?

Most patients have mild illness and require no treatment. When needed, treatment for Monkeypox consists of supportive care and relief of symptoms.

How can monkeypox be prevented?

Take the following steps to prevent getting monkeypox:

- Avoid close, skin-to-skin contact with people who have a rash.
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands with soap and water or use an alcohol-based hand sanitizer.

There are currently two vaccines licensed by the U.S. Food and Drug Administration used to prevent monkeypox infection- JYNNEOS and ACAM2000. There is a limited supply of vaccine and the CDC is not recommending vaccinations for the general public. Vaccines are currently being allocated to states to use for known contacts of cases and protection for those at high risk for contracting monkeypox.

Can I wear contact lenses if I have monkeypox?

If you wear contact lenses regularly, avoid using them while infected with monkeypox to prevent infecting your eyes which can lead to further complications.

What should I do if I have symptoms of monkeypox?

- See a healthcare provider if you notice a new or unexplained rash or other monkeypox symptoms.
- Avoid close contact (including intimate physical contact) with others until a healthcare provider examines you.
- Avoid close contact with pets or other animals until a healthcare provider examines you.
- If you're waiting for test results, follow the same precautions.
- If your test result is positive, stay isolated until your rash has healed, all scabs have fallen off, and a fresh layer of intact skin has formed.

For more information on Monkeypox visit www.cdc.gov/poxvirus/monkeypox/index.html

