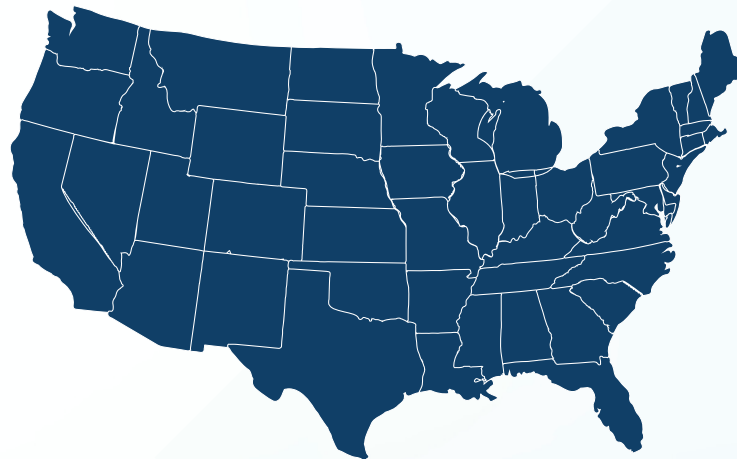


Monkeypox, what is it?



- Monkeypox (MPV) is a rare disease caused by infection with the monkeypox virus.
- **Death from monkeypox is rare and infections are typically not severe.**
- MPV infections were initially rare in the United States but are now spreading across the country and in Washington state.



What are the symptoms?



- People with MPV get a rash that can look like pimples or blisters. The rash can appear anywhere on the body, including the genitals or anus.
- Other symptoms may include fever, headache, muscle aches, chills, and fatigue. These symptoms may occur before or after the rash appears, or not at all.
- Symptoms usually appear 1 to 3 weeks after exposure.

Visual examples of monkeypox rash



A person is infectious from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. This can take as long as 2-4 weeks.



How does it spread?

Monkeypox spreads through close contact with a symptomatic individual. This can include:



Direct contact with the skin or body fluids of an infected person (including sexual contact)



Respiratory droplets during direct and prolonged face-to-face contact (such as kissing or cuddling)



Contact with virus-contaminated objects (such as bedding or clothing)

Monkeypox is unlikely to spread through brief interactions that do not involve physical contact.



Who is at high risk?

Anyone in close contact with an infected person can get MPV.

At this time, certain populations are being affected more than others, including men who have sex with men.

Other risk factors may include:

- Having multiple or anonymous sex partners
- Traveling to areas where monkeypox is spreading
- Close, non-sexual contact with a known case

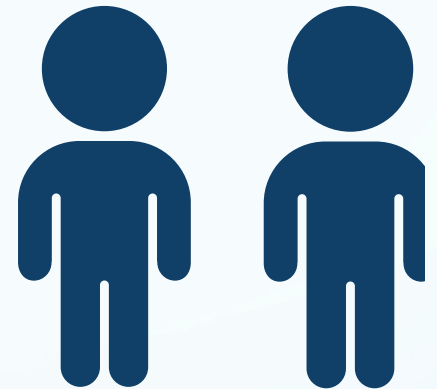




How can you lower your risk?

You can lower your risk of getting monkeypox by:

- Avoiding close, skin-to-skin contact with people who have a rash that looks like monkeypox.
- Avoiding contact with objects and materials used by a patient with monkeypox.
- Washing your hands often with soap and water or using an alcohol-based hand sanitizer.





What should I do if I have symptoms or am a close contact?

- Immediately contact your health care provider to determine whether you need to be tested.
- Avoid close contact with others until a healthcare provider examines you.

If you don't have a healthcare provider, call 2-1-1 for more information.





Who can get vaccinated?

- **At this point in time only close contacts of confirmed cases are eligible for the vaccine.**
- For people who have had recent contact with someone with MPV, getting a vaccine may reduce the chance of developing infection.
- If you are identified as a close contact, you will be contacted by the Yakima Health District.



Is there treatment?



- Most people who get MPV do not need to go to the hospital and are able to recover at home.
- Antiviral medications may be provided to people with severe pain or who are more likely to become severely ill from MPV.
- If you have probable or confirmed monkeypox, your health care provider will determine if you meet criteria for treatment. At this time, treatment is also in short supply.

