

## What is Monkeypox (MPV)?

Monkeypox is a disease caused by infection of the monkeypox virus, often characterized by a rash. Most individuals have mild illness; however, the rash can be painful.

The 2022 outbreak began in early May, with cases occurring in many countries where monkeypox is not commonly found. Most, but not all cases have been identified among gay, bisexual, or other men who have sex with men (MSM).

### How does it spread?

Monkeypox can spread from **person-to-person** through direct contact with a rash or sore on someone infected with MPV, **respiratory contact** through prolonged face to face or other intimate physical contact, and **touching items that were previously in contact with infectious rash** or body fluids (items such as clothing or linens). **Monkeypox is not an STD.**

#### Monkeypox can spread through intimate contact such as:

- Sexual contact (including oral, anal, and vaginal sex)
- Hugging, cuddling, or kissing
- Sharing clothes, towels, or a bed that has not been washed

#### Monkeypox does not spread through:

- Casual conversation with a person that is infected
- Walking by an individual that is infected

Monkeypox is able to spread from when a rash (and other symptoms) first begins and will remain infectious until scabs form over lesions, fall off, and a new layer of skin has formed.



### Signs and Symptoms

Symptoms can begin between 2-21 days after exposure, and can last for 2-4 weeks. The most common symptoms are a fever along with a rash that can look like pimples or blisters. They can appear on all body parts including the face, inside the mouth, and on genitals. These rashes will go through different stages before healing. Flu-like symptoms, as well as swollen lymph nodes can occur before or along with the rash and sores.

If you or your partners are sick do not have sex or close physical contact, especially if you have a rash. Separate yourself from other people and pets, cover your lesions, and call your healthcare provider.

### Prevention

- Avoid skin-to-skin contact with people who have a MPV-like rash.
- Do not handle or touch towels, clothes, or bedding of someone with MPV.
- Wash hands often with soap and water, or use an alcohol-based hand sanitizer.

For more information, please visit [www.kendallhealth.org](http://www.kendallhealth.org) or call 630-553-9100.