

MONKEYPOX (MPV) FAQ

What is monkeypox (MPV)?

Monkeypox is an orthopoxvirus in the same genus as variola (causative agent of smallpox). It causes a rash and flu-like symptoms in some cases. It can be spread through close contact, respiratory droplets and items with infectious material on them. It usually resolves in 2-4 weeks. People are infectious until rash is completely healed.

What if I was exposed?

If you have been exposed and do not have any symptoms yet, talk to a healthcare provider about vaccination

What if I think I have MPV?

- Cover your rash
- Isolate yourself from others
- Immediately talk to your health care provider. It is important to call as soon as you think you have symptoms of the disease

Who is eligible for vaccine?

- Individuals who have had a high-risk exposure to someone with monkeypox.
- Gay and bisexual men and transgender individuals who have had multiple or anonymous gay, male bisexual, or transgender sex partners in the last 3 months.
- People who have used methamphetamine in the last 3 months.
- People who have exchanged sex for money, drugs, or other purposes in the past 3 months.
- People who have been sexually assaulted, regardless of gender or sexual orientation.
- People who have had sexual contact or prolonged skin-to-skin exposure with people who were exposed to monkeypox.

**Call Thurston County Public Health at
360-867-2610 to be connected to
vaccine services.**

What to do after I get vaccinated?

If you receive an MPV vaccination you should still practice other prevention measures, such as not having skin-to-skin contact with someone with MPV infection. You are not considered fully vaccinated until two weeks after your second dose. The vaccine may not be 100% effective so continue to watch for any MPV symptoms.

What if I have been diagnosed with MPV?

Until the scabs are gone and the skin below has healed, do the following:

- Separate yourself from other people and animals
- Restrict family, friends, or other visitors
- Don't let others touch your skin, especially any areas with a rash
- Keep lesions covered
- Don't share bedding, towels, dishes, or utensils
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer. Consider using disposable gloves to cover hand lesions
- Wash your own laundry and dishes
- Routinely clean and disinfect commonly touched surfaces and items
- Avoid use of contact lenses to prevent unintentional infection of the eye.
- Don't kiss, hug, cuddle, sleep, play sports, or have sex with others
- Wear a well-fitting mask, especially when seeing a health care provider or while you have fever or respiratory symptoms

What can MPV look like?



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