

## **Monkeypox Factsheet**

### ***What is monkeypox?***

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. It is spread through close physical contact between people.

### ***What are the symptoms of monkeypox?***

Symptoms of monkeypox include a rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus. It is often associated with a flu like illness including fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion which can appear 1-3 days before the rash.

The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash. Immunocompromised people, children and pregnant people are at increased risk for severe disease.

### ***How is monkeypox transmitted?***

Monkeypox spreads in different ways. The virus can spread 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

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. People who do not have monkeypox symptoms cannot spread the virus to others.

### ***How to prevent monkeypox:***

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
  - Do not touch the rash or scabs of a person with monkeypox.
  - Do not kiss, hug, cuddle or have sex with someone with monkeypox.
  - Do not share eating utensils or cups with a person with monkeypox.
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

### ***What to do if you have symptoms:***

Contact your healthcare provider immediately to be evaluated if you develop a new, unexplained rash. Avoid close skin to skin contact including sex until you have been evaluated by your healthcare provider. If testing for monkeypox is performed, you will need to isolate at home away from other people and pets in your household until you get your test results.

### ***What to if you test positive for monkeypox:***

Isolate at home. If you have an active rash or other symptoms, stay in a separate room or area away from people or pets you live with, when possible. You may end isolation when the rash has completely healed.

### ***Is there a vaccination?***

There are two vaccines for smallpox that can be used for monkeypox. Jynneos vaccine is the main vaccine being distributed at this time. Vaccination is currently recommended for individuals who have been exposed to monkeypox. CDC recommends the vaccine be given within 4 days from the date of exposure in order to prevent onset of the disease. If given between 4–14 days after the date of exposure, vaccination may reduce the symptoms of disease, but may not prevent the disease.

Vaccine supply is in very limited at this time, although it is anticipated that more doses will become available by the end of summer.

### ***Resources***

Monkeypox (Centers for Disease Control and Prevention):

<https://www.cdc.gov/poxvirus/monkeypox/index.html>

U.S. Monkeypox Outbreak 2022: Situation Summary (Centers for Disease Control and Prevention):

[https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fpoxvirus%2Fmonkeypox%2Foutbreak%2Fcurrent.html](https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fpoxvirus%2Fmonkeypox%2Foutbreak%2Fcurrent.html)

Monkeypox (Washington State Department of Health): <https://doh.wa.gov/public-health-healthcare-providers/notifiable-conditions/rare-disease-public-health-significance/monkeypox>

*Adapted with gratitude from: [Centers for Disease Control and Prevention](#) and [Public Health Seattle - King County](#)*