

# MONKEYPOX INFORMATION

## WHAT IS MONKEYPOX?

Monkeypox is a viral disease that is passed from person-to-person through bodily fluids, physical contact and surfaces that have been touched by the rash or bodily fluids of someone with monkeypox. Monkeypox can spread from the time you start to have symptoms, until the rash has fully healed.

## WHAT ARE THE SYMPTOMS?

### Most common monkeypox symptoms



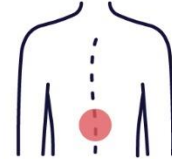
Fever



Headache



Rash



Back pain



Swollen Lymph  
Nodes



Muscle Pain



Shivering  
(Chills)



Low energy

You can start to have symptoms **5-21 days** after you are exposed to monkeypox

## WHAT CAN THE MONKEYPOX RASH LOOK LIKE?



Rash



Bumps



Blisters

- Symptoms may appear all over the body including genital area
- You can be sick for **2-4 weeks**

## WHO CAN GET MONKEYPOX?

**ANYONE!**

Monkeypox can affect all people in every community, regardless of gender identity or sexual orientation. It is a public health concern for all. It is important communities seek fact-based information and apply safe practices, to protect themselves, and others from further spread.

## HOW TO STAY SAFE



- Avoid skin-to-skin contact with a suspected or confirmed case of Monkeypox. Including sexual contact, kissing, cuddling, and hugging.



- Wash hands with soap and water or use an alcohol-based hand sanitizer.



- Use Personal Protective Equipment (PPE) when caring for people infected with monkeypox



- Avoid contact with materials, like bedding, that has been in contact with a suspected or confirmed case of monkeypox.

## WHAT SHOULD YOU DO IF YOU THINK YOU HAVE MONKEYPOX?



### Isolate

(Stay by yourself and away from others)



### Call your doctor



### Stay Informed

## RESOURCES

- **Monkeypox Information:**  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx>
- **Monkeypox vs. COVID-19:**  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox-vs-COVID19.aspx>
- **Congregate Living Settings:**  
<https://www.cdc.gov/poxvirus/monkeypox/specific-settings/congregate.html>
- **Isolation and Prevention:**  
<https://www.cdc.gov/poxvirus/monkeypox/clinicians/isolation-procedures.html>
- **Signs and Symptoms:**  
<https://www.cdc.gov/poxvirus/monkeypox/symptoms.html>

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