

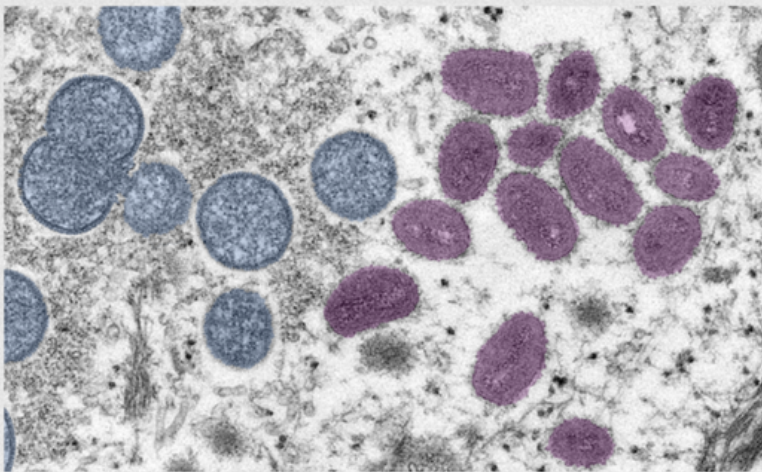
MONOGRAM

AUGUST 2022

Monkeypox

The current Monkeypox situation is rapidly evolving, and the California Department of Public Health (CDPH) is closely monitoring monkeypox transmission in the U.S. and California to ensure rapid identification of cases. The risk of monkeypox to the general public is currently very low based on the information available. While Monkeypox can infect anyone, many of the recent cases have occurred among persons self-identifying as men who have sex with men (MSM).

What is Monkeypox?



Monkeypox is a rare disease that is caused by infection with the monkeypox virus which is related to the Smallpox virus. While generally less severe and much less contagious than Smallpox, Monkeypox can be a serious illness. It spreads from infected humans, animals, and materials contaminated with the virus but primarily through close, personal, often skin-to-skin contact with people who have Monkeypox symptoms, such as rash and sores.

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What are the Signs and Symptoms of Monkeypox?

Monkeypox might start with symptoms like the flu, with fever, low energy, swollen lymph nodes, and general body aches. Within 1-3 days (sometimes longer) after the appearance of fever, the person can develop a rash or sores. The sores will go through several stages, including scabs, before healing. They can look like pimples or blisters and may be painful and itchy.

The rash or sores may be located on or near the genitals (penis, testicles, labia, and vagina) or anus (butt), but could also be on other areas like the hands, feet, chest, and face. They may also be limited to one part of the body.

People with Monkeypox may experience all or only a few of these symptoms. Most people with Monkeypox will get the rash or sores. Some people have reported developing the rash or sores before (or without) the flu-like symptoms.

KEY SYMPTOM

RASH, BUMPS, OR BLISTERS

These may appear anywhere on the body, including the genitals. This may look similar to syphilis, herpes, or other common skin rashes.

OTHER SYMPTOMS

FEVER & HEADACHES

MUSCLE ACHES

SWOLLEN LYMPH NODES

Symptoms can start 5-21 days after being exposed

Who Should Be Concerned about Monkeypox?

There is a recent increase in reported cases where Monkeypox is not commonly seen, like Europe and the United States, including California. While it's good to stay alert about any emerging public health outbreaks, the current risk of getting Monkeypox in the general public is very low. Monkeypox is a known illness that spreads through very close contact compared to other infectious diseases like COVID-19 that are primarily spread through very small particles in the air. Monkeypox is also thought to be most contagious when symptoms like a rash are present, making it easier for infected individuals to know when to stay away from others to prevent further spread.

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How is Monkeypox Prevented?

There are number of ways to prevent the spread of Monkeypox, including:

- Always talk to your sexual partner/s about any recent illness and being aware of new or unexplained sores or rashes on your body or your partner's body, including on the genitals and anus
- Avoiding close contact, including sex, with people with symptoms like sores or rashes
- Practicing good hand hygiene
- People who become infected should isolate until their symptoms are improving or have gone away completely. Rash should always be well covered until completely healed.
- Using appropriate personal protective equipment (PPE) (like a mask, gown and gloves) when caring for others with symptoms
- Avoiding contact with infected materials contaminated with the virus
- Avoiding contact with infected animals

What Should Someone Do if They Are Exposed to Monkeypox or Have Symptoms?

Contact a health care provider as soon as possible and let them know you have symptoms or have been exposed to Monkeypox. Health care providers can provide testing and care for people who are diagnosed with Monkeypox. Health care providers and local health departments may also recommend a vaccine for those who are exposed to help prevent infection or decrease the seriousness of the illness.

WHAT TO DO IF EXPOSED OR HAVE SYMPTOMS.



TAKE A BREAK

Stay home, wear a mask and cover sores/rash if you have symptoms.



CONTACT

Call a health care provider to ask about testing.



STAY INFORMED

Visit CDPH for updates and guidance:
[BIT.LY/MONKEYPOXQA](https://bit.ly/monkeypoxqa)

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Do I Need to Get Vaccinated Against Monkeypox?

The Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH) recommend that people aged 18 or older who have been exposed to Monkeypox be given the vaccine to prevent them from developing the disease – this is called post-exposure prophylaxis or PEP. PEP can also be given to people who do not have a known exposure but have been present in settings where Monkeypox cases have occurred.

Vaccination to prevent Monkeypox infection, also called pre-exposure prophylaxis or PrEP, is recommended for people who are at risk for occupational exposure, like laboratory workers who perform Monkeypox testing, and clinicians and public health workers who collect Monkeypox specimens.

CDPH is working to make the JYNNEOS vaccine available to protect against Monkeypox. However, there is currently an extremely limited supply from the Strategic National Stockpile, and Mono County Public Health does not have any in stock. More doses should be arriving in California in the coming weeks.

The JYNNEOS vaccine is administered in two injections in the upper arm at least four weeks apart. Most people who get the JYNNEOS vaccine have only minor reactions, like pain, redness, swelling and itching at the injection site, and less commonly, muscle pain, headache, fatigue (tiredness), nausea, chills and mild fever, and swollen glands.



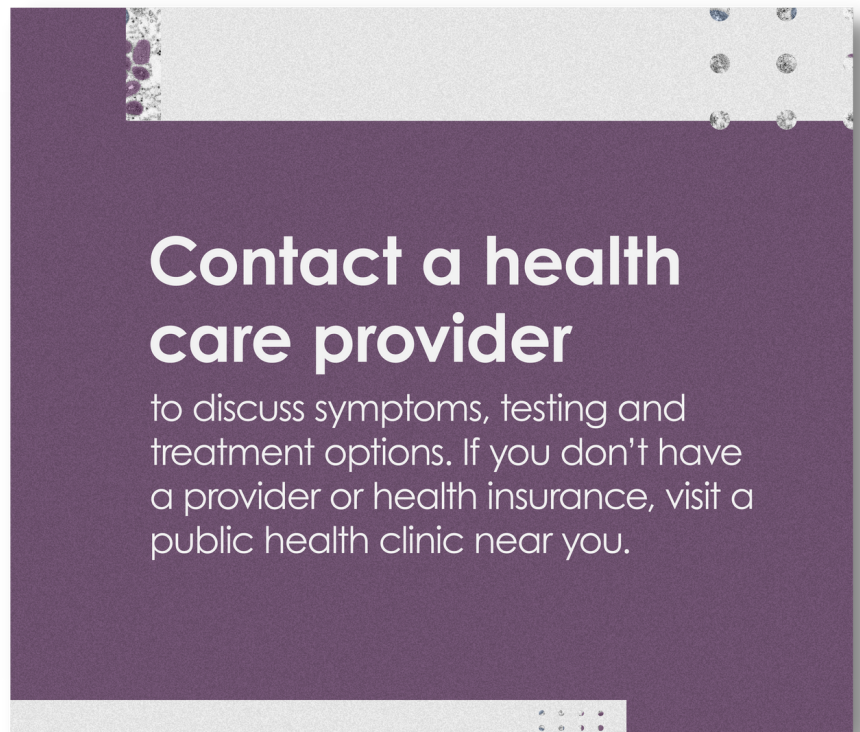
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What Treatments are Available for Monkeypox?

There are currently no treatments specifically for Monkeypox. However, Monkeypox and Smallpox viruses are genetically similar, which means that antiviral drugs developed to protect against Smallpox, such as tecovirimat (TPOXX), may be used to treat Monkeypox. This treatment may be recommended for people who are more likely to get severely ill, like patients with weakened immune systems, or people with complications from the infection or symptoms not controlled with supportive care.

If you have Monkeypox symptoms such as a new or unexplained rash, talk to a health care provider, even if you don't think you had contact with someone who has Monkeypox. Your provider may be able to offer treatments that are not specific to Monkeypox, but may help to reduce your symptoms, like prescribed mouth rinses or topical gels or creams.



Additional Resources

[CDPH](#)

[CDC](#)

