

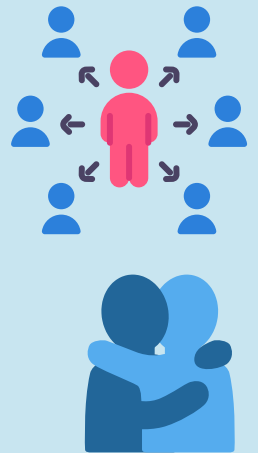


## What is monkeypox?

- Monkeypox is a rare disease that is caused by infection with the monkeypox virus.
- It is very unusual to see cases outside of West and Central Africa, but cases have been found in other areas including the United States and California since May 2022.

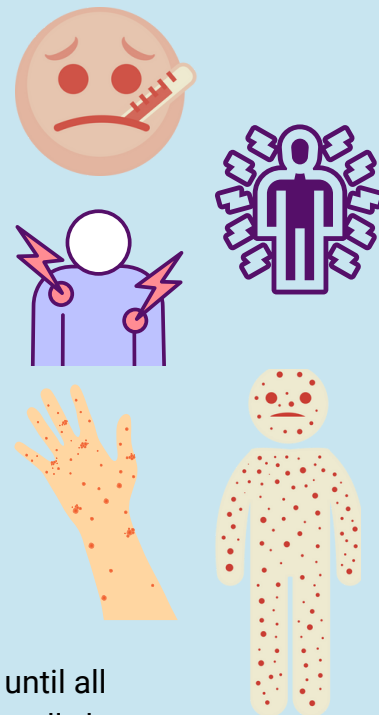
## How can monkeypox spread?

- The monkeypox virus can spread when a person comes into contact with the virus from an infected animal, infected person, or materials contaminated with the virus. The virus can also cross the placenta from the mother to her fetus.
- The current cases of monkeypox in the United States are due to person to person spread through direct contact with bodily fluids or sores on an infected person or with materials that have touched bodily fluids or sores, such as clothing or linens.
- It can also be spread by respiratory secretions during prolonged, face-to-face contact.
- Monkeypox can spread during intimate contact between people, including during sex, activities like kissing, cuddling, or touching parts of the body with monkeypox sores. At this time, it is not known if monkeypox can spread through semen or vaginal fluids.



## What are the symptoms of monkeypox?

- The first symptoms usually are fever, headache, muscle aches and backache, swollen lymph nodes, chills, or fatigue.
- Within 1-3 days of these symptoms beginning, people typically develop a rash or sores.
- The rash or sores may be located on or near the genitals or anus but could also be on other areas like the hands, feet, chest, or face.
- The sores can look like pimples or blisters and may be painful or itchy.
- The sores will go through several stages beginning with macules (lesions with a flat base) to papules (slightly raised firm lesions), to vesicles (lesions filled with clear fluid), to pustules (lesions filled with yellowish fluid), and finally to crusts which dry up and fall off.
- You may experience all or only a few of these symptoms.



## How long is someone who is infected with monkeypox contagious?

- Someone infected with monkeypox is contagious from the time symptoms start until all sores, including scabs, have healed and a fresh layer of skin has formed. This usually lasts for 2 to 4 weeks. Monkeypox can be fatal, but this is rare with good medical care.

# Monkeypox FAQ Cont.



## What is the incubation period (time from infection to showing symptoms) of monkeypox?

- The incubation period for monkeypox can range from 5 to 21 days.

## Who is at risk for severe disease from monkeypox?

- Immunocompromised individuals
- Pediatric populations, particularly patients younger than 8 years of age
- Pregnant or breastfeeding women
- People with a history or presence of active skin conditions such as eczema, burns, and varicella zoster virus infection (chickenpox)

## How can I prevent the spread of monkeypox?

- Avoid close contact such as touching or sexual activity with persons with new rashes, particularly in the anal or genital regions or in or around the mouth.
- Isolate yourself from others if you are infected and isolate infected family members from others.
- Practice good hand hygiene by washing your hands with soap and water frequently for at least 20 seconds or by using an alcohol-based hand sanitizer.



## How is monkeypox diagnosed?

- If monkeypox is suspected, healthcare workers will collect a sample and send it to the lab for testing. The samples used for testing monkeypox are taken from skin lesions or fluid from vesicles and pustules, and dry crusts.



## What is the treatment for monkeypox?

- Currently there is no specific treatment approved for monkeypox infections. Supportive care for monkeypox can be used to ease symptoms and manage complications. Infected persons should be offered fluids and food to maintain adequate nutrition.

## Is there a vaccine for monkeypox?

- Yes, a monkeypox vaccine is available for certain high-risk individuals. To see the current eligibility criteria in Fresno County, visit: [www.fcdph.org/monkeypox](http://www.fcdph.org/monkeypox)



## What should I do if I think I have monkeypox?

- Call your healthcare provider right away.
- Isolate yourself from others and do not share any objects or materials.



**FOR MORE INFORMATION ON MONKEYPOX VISIT:**  
[www.fcdph.org/monkeypox](http://www.fcdph.org/monkeypox)

