

MONKEYPOX

What is monkeypox?

About monkeypox

There are two types of monkeypox, clade I and clade II. Both clades can be spread, treated, and prevented the same way.

Monkeypox is caused by a virus that is part of the same family as the virus that caused smallpox. People with monkeypox often get a rash along with other symptoms. In recent outbreaks, monkeypox has mostly been spread person-to-person by close or intimate contact. Knowing more about the disease can help you protect yourself from monkeypox.

Signs and symptoms

Monkeypox can cause a rash that may look like pimples or blisters anywhere on the body, including the hands, feet, chest, face, or mouth, and sometimes on or near the genitals or anus.

The rash can cause severe pain and scarring in some people and can last for weeks.

Symptoms can include:



Fever



Chills



Swollen lymph nodes



Muscle aches and backache



Exhaustion



Respiratory symptoms like sore throat, nasal congestion, or cough



Headache



Rash



How is monkeypox spread?

Monkeypox can be spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The virus can be spread from person to person through close contact including:

- **Direct contact with monkeypox rash**, scabs, or certain body fluids like saliva, snot, or mucus.
- **Intimate contact like sex, kissing, massage, or hugging.**
- **Touching objects** (cups, plates), **fabrics** (clothing, bedding, or towels), **and surfaces** that have been used by someone with monkeypox but haven't been cleaned or disinfected yet.
- Pregnant women with monkeypox can pass the virus to the fetus **during pregnancy or to newborns** during and after birth.

Monkeypox is NOT spread through casual contact like you have with people when you're working in an office, going to the market, or traveling.

How can you protect yourself?

- Find out if you're eligible for the **monkeypox vaccine**. If you are, get both recommended doses for the best protection.
- **Avoid close, skin-to-skin contact** with people who have a rash that looks like monkeypox.
- **Do not kiss, hug, cuddle, get a massage from, or have sex** with someone with monkeypox.
- **Avoid contact with objects and materials** that a person with monkeypox has used, such as utensils, bedding, or clothing.
- **Wash your hands** often with soap and water or use an alcohol-based hand sanitizer.



What should I do if I was exposed to monkeypox?

- **Talk to a healthcare provider** to see if you should get the monkeypox vaccine.
- **Watch for symptoms for 21 days** from the last time you were around someone with monkeypox. You can continue your regular daily activities as long as you do not have signs or symptoms of the disease.
- **If you have a new or unexplained rash** or other monkeypox symptoms, see a doctor and get tested for monkeypox.
- **If you do get monkeypox**, stay away from other people as much as possible, do not travel, cover your lesions, and wear a mask around others until your rash has cleared up.

Who is at risk of severe disease?

Monkeypox can be very dangerous for some people, such as:

- People with severely weakened immune systems or uncontrolled HIV
- Children younger than 1 year old
- People with certain skin conditions like eczema
- Women who are pregnant or were recently pregnant

If they get sick with monkeypox, they may need extra treatment to help them recover.

For more information, visit [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox).