



# Ease Your Concerns About Monkeypox

## WHAT TO KNOW AND HOW TO PROTECT YOURSELF

Monkeypox (MPX) is a viral illness that has been moving through California and the U.S. since the Spring of 2022. Though current risk to the public risk is low, anyone can get MPX. Still, it's good to know MPX signs and symptoms to keep you and others safe.

### How MPX spreads



#### Touching

MPX spreads through skin-to-skin contact (e.g., hugging, kissing, sex) with someone who has symptoms.



#### Sharing items

Sharing items (clothing, bedding, towels) used by someone with symptoms.

MPX can spread through talking, coughing and breathing close to someone for a long stretch of time. This mainly happens when living with, or caring for, someone with symptoms.

### Symptoms to look for

The main MPX symptom is a rash that can look like pimples or blisters that appear on your face, inside your mouth and on your:

- Hands
- Feet
- Chest
- Genitals
- Anus



..... Other symptoms include: .....



Fever



Body aches



Swollen  
lymph nodes



Headache



Chills



Fatigue

## Prevent MPX

The best way to help prevent the spread of MPX is to avoid close contact, including sexual contact, with people who are sick or who have a rash.

Also, avoid sharing items with people who have symptoms. Items include:

- Bedding
- Clothing
- Towels
- Cups and utensils

Items should be cleaned and sterilized before used by others.

## What to do if you have symptoms

If you have MPX symptoms:

- Contact a health care provider right away.
- Isolate at home until:

**1.** The rash is gone      **2.** The scabs have fallen off      **3.** A fresh layer of skin has formed

Also, if you have an active rash or other symptoms, stay in a separate room or area away from people or pets you live with. If you need to be around others in your home (e.g., caring for children or family members), cover up sores/rash and wear a mask.

When you are the person with MPX, you should change your own dressings (if you can) and handle your linens while wearing throwaway gloves. This should be quickly followed by washing your hands after taking off the gloves.

**Symptoms can start at any time between 5 and 21 days after you've been exposed.**

## MPX treatment



Most people have mild symptoms and do not require treatment. A health care provider may suggest treatment to reduce your symptoms.



**Note:** People who meet certain exposure and risk standards may be able to get a vaccine.

Contact your health provider or your local health department with questions.

Visit: [GO.CDPH.CA.GOV/MONKEYPOX](https://www.cdph.ca.gov/MONKEYPOX)

Source: August 2022 © California Department of Public Health