MONKEYPOX: WHAT YOU NEED TO KNOW

What is Monkeypox?

- A rare disease caused by infection with the monkeypox virus, part of the same virus family as smallpox
- Not a sexually transmitted disease but is often transmitted through close, physical contact, including sexual contact

What are the symptoms?

- Rash—may be located on or near genitals, anus and other areas such as hands, feet, chest, face or mouth
- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches/backache
- Headache
- Respiratory symptoms (sore throat, nasal congestion, cough)

How long do symptoms last?

- Symptoms usually start within 3 weeks of exposure
- Virus can spread from time symptoms start until the rash is healed, all scabs have fallen off and a fresh layer of skin has formed
- Illness usually last 2-4 weeks

How it spreads?

- Spreads through close, personal, often skin to skin contact
  - Direct contact with rash, scabs, or body fluids
  - Oral, anal and vaginal sex or touching the genitals
  - Prolonged face to face contact
  - Hugging, massage, and kissing
- Touching infected objects, fabrics (such as bed linens), and surfaces
- Contact with respiratory secretions

Prevention

- Avoid close, skin-to-skin contact with people who may be infected
- Avoid contact with objects and materials that an infected person has used
- Wash your hands often
- Get vaccinated
- Engage in safer sex
  (https://www.cdc.gov/poxvirus/monkeypox/prevention/sexual-health.html)
- Avoid contact with animals while infected

***If you believe you may be infected with the Monkeypox virus, please contact your local health care provider for guidance

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For more information, please visit: https://www.cdc.gov/poxvirus/monkeypox/index.html