



# Monkeypox

## WHAT YOU NEED TO KNOW

**WHAT IS MONKEYPOX?** Monkeypox is a disease that can make you sick, including a rash, which may look like pimples or blisters, often with an earlier flu-like illness. Monkeypox can spread to anyone through close, personal, often skin-to-skin contact.



Photo Credit: NHS England High Consequence Infectious Diseases Network

### SIGNS AND SYMPTOMS

KEY SYMPTOM



#### RASH, BUMPS OR BLISTERS

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

OTHER SYMPTOMS



FEVER &  
HEADACHES



MUSCLE  
ACHES



SWOLLEN  
LYMPH NODES

Symptoms start 5-21 days after exposure

**HOW CAN YOU CATCH MONKEYPOX?** Close physical contact with a person with symptoms like skin-to-skin, face-to-face, kissing and sex or touching bedding, clothing, towels or other objects that touched the infected person's skin or body fluids.

**HOW CAN YOU PROTECT YOURSELF FROM MONKEYPOX?** Avoid physical and intimate contact with anyone who has symptoms, talk openly with partners about symptoms prior to intimate contact and clean hands, objects surfaces and bedding if you encounter someone with symptoms.

**IF YOU HAVE SYMPTOMS ISOLATE FROM OTHERS AND CONTACT A HEALTHCARE PROVIDER RIGHT AWAY.**

## ANYONE CAN GET MONKEYPOX

Blaming any one community may harm public health efforts and cause providers to miss Monkeypox cases in other people.