

Monkeypox

WHAT IS MONKEYPOX?

Monkeypox is a rare infectious disease caused by the monkeypox virus. This is a virus that belongs to the same group of viruses that includes the smallpox virus and the cowpox virus.

HOW CAN A PERSON GET MONKEYPOX?

Monkeypox may be spread from animal-to-human or human-to-human. People may be infected with monkeypox through direct contact with body fluids or lesions, or contaminated materials such as clothing or linens. It may also be spread through respiratory droplets through prolonged face-to-face contact (>3 hours). In addition, pregnant people can spread the virus to their fetus through the placenta.

WHO IS AT RISK FOR MONKEYPOX?

Anyone can get monkeypox. However, the following are more likely to catch it:

- People who traveled to an area where monkeypox cases or exposures have been reported
- Those who had contact with a person who has symptoms of monkeypox or received a diagnosis of monkeypox
- With the recent cases in May 2022, those who self-identify as men who have had close intimate contact with men seem to be at higher risk

WHAT ARE THE SYMPTOMS OF MONKEYPOX?

Usually a person infected with monkeypox will have:

- Fever, fatigue, and other flu-like symptoms (chills, headache, muscle aches, swollen lymph nodes). Sometimes, the fever/flu-like symptoms is skipped or is very mild
- A rash that will progress to lesions to scabs (see photos) and will spread from mouth and face to the extremities. Sometimes, the rash and lesions are only found in the genital or perianal area. The illness typically lasts 2-4 weeks



Fact Sheet

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HOW CAN MONKEYPOX BE PREVENTED?

Vaccines against smallpox provide protection against monkeypox. However, it is only recommended for those who are at high risk for infection. Help prevent monkeypox by:

- Handwashing with soap and water or use an alcohol-based hand sanitizer
- Avoiding contact with imported animals, especially sick or dead animals
- Avoiding contact with bedding or clothing that might be infected with the virus
- Avoiding direct contact with rash or scabs of person with monkeypox
- Using personal protective equipment (PPE) when caring for people infected with the virus
- Avoiding travel to places that have confirmed cases
- Avoiding activities that may increase spread of monkeypox, such as sex, kissing, hugging, or cuddling with multiple or anonymous people

HOW IS MONKEYPOX DIAGNOSED?

Monkeypox is diagnosed by laboratory testing of specimen collected from lesions. People who may have symptoms of monkeypox should contact their healthcare providers.

HOW CAN MONKEYPOX BE TREATED?

Most people will recover on their own, but those who have weaker immune systems may have severe disease. Currently, there are no proven, safe treatments available for monkeypox. Antivirals may help with severe disease.

ADDITIONAL RESOURCES



[Long Beach Health Department](#)



[California Department of Public Health](#)



[Centers for Disease Control and Prevention](#)

SOURCES

- *Photo credit: UK Health Security Agency*
- *Monkeypox.* Centers for Disease Control and Prevention. (2022, May 20). Retrieved May 25, 2022, from <https://www.cdc.gov/poxvirus/monkeypox/>
- *2022 United States Monkeypox Case.* Centers for Disease Control and Prevention. (2022, May 24). Retrieved May 25, 2022, from https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fpoxvirus%2Fmonkeypox%2Foutbreak%2Fcurrent.html
- *Figure 2 skin and soft tissue manifestations of monkeypox.* (2022, May 24). [Photograph]. *The Lancet Infection Diseases.* [https://doi.org/10.1016/S1473-3099\(22\)00228-6](https://doi.org/10.1016/S1473-3099(22)00228-6)