

MONKEYPOX: WHAT YOU NEED TO KNOW

Monkeypox is a contagious disease caused by the monkeypox virus. Anyone who has been in close, personal contact with someone who has monkeypox is at risk.

HOW IS MONKEYPOX SPREAD?

Monkeypox is known to spread by close, intimate and/or prolonged contact, including:

- Direct skin-to-skin contact with the rash, scabs, or body fluids from a person with monkeypox
- Contact with objects and fabrics that have been used by someone with monkeypox
- Contact with respiratory secretions from someone with monkeypox

This can happen from:

- Sex and other intimate contact, including kissing, massaging, cuddling
- Sharing fabrics and objects (such as clothes, bedding, towels, sex toys) that have not been cleaned
- Prolonged, close, face-to-face contact such as talking very closely face to face for a long time (about 3 hours or more)
- Living in a house, sharing a bed, or caring for someone with monkeypox

A person with monkeypox can spread it to others from the time symptoms start until the rash has healed, scabs have fallen off, and there is a new layer of skin. This usually takes 2 to 4 weeks.

A pregnant person with monkeypox can spread the virus to their fetus through the placenta.

Monkeypox is NOT spread through casual conversations or by walking by someone who has it.

WHAT ARE THE SYMPTOMS OF MONKEYPOX?

KEY SYMPTOM

RASH



The rash may:

- Look like bumps, pimples, blisters, sores, or scabs
- Be anywhere on the body including on the genitals, anus, mouth, hands, and face
- Be in just one area or may spread over the body
- Be itchy or painful (especially if inside the mouth or anus)

OTHER SYMPTOMS

FLU-LIKE SYMPTOMS



Fever/chills



Exhaustion, muscle aches, and headache



Swollen lymph nodes

- Flu-like symptoms can appear 1-4 days before or after the rash starts
- Not everyone will get these symptoms

Symptoms usually start 5-21 days after exposure

CONTACT YOUR DOCTOR

if you have a new, unexplained, rash or lesions on any part of your body. This is especially important if you were exposed to someone with or suspected to have monkeypox.

IF YOU DON'T HAVE A DOCTOR:

- Call the Public Health Call Center at 1-833-540-0473 (8am - 8:30pm daily), or
- Visit a [Public Health Sexual Health Clinic](#) near you.



Scan QR code to find a location