

# WHAT YOU SHOULD KNOW ABOUT MONKEYPOX



Monkeypox is a rare disease caused by infection with the monkeypox virus that can make you sick. It is usually found outside the U.S., but recently it has been reported in California and a few cases in Ventura County. **Anyone can get monkeypox, so it is important to be informed.** If you do not have multiple or anonymous sex partners, your chances for exposure to monkeypox are low.

## HOW IS MONKEYPOX SPREAD?

- Direct skin-to-skin contact with rash lesions.
- Touching contaminated objects, fabrics (clothing, bedding, towels), and surfaces that have been in contact with someone who has monkeypox.
- Can spread from animals to people.
- Sexual/intimate contact, including kissing.
- Coming into contact with respiratory droplets or secretions from the eyes, nose and mouth from a person who has monkeypox.

## TO PREVENT THE SPREAD OF THE MONKEYPOX VIRUS, PERSONS SHOULD:



Avoid skin-to-skin contact with anyone who has a rash or sore.



Wear gloves and protective clothing when caring for others who have symptoms.



Always talk to your sexual partner/s about recent rashes or sores.



Wash their hands with soap and water, or use an alcohol-based hand sanitizer, if you do come in contact with an infected person or animal.



Avoid sharing personal items, such as utensils, towels, clothes, bedding, and objects (e.g. sex toys) used by someone who has monkeypox.

## SYMPTOMS OF MONKEYPOX:



**Fever & Headaches**



**Swollen Lymph Nodes**



**Muscle Aches**



**Rash, Bumps, or Blisters**

## TREATMENT AND VACCINATION:

At this time, there are no specific approved treatments for monkeypox infections. However, medication, such as antivirals, may be used to ease the symptoms of illness. In some cases, vaccine can be given to prevent the disease after exposure to the monkeypox virus. Ventura County Public Health has limited vaccines and is currently prioritizing high-risk persons who have been in close direct contact to someone who has monkeypox. Please discuss available treatment options with your doctor.



Call your health care provider if you were in close contact with someone who has monkeypox or are experiencing monkeypox symptoms.

If you don't have a health care provider, visit <https://vchca.org/agency-divisions/ambulatory-care> or scan the QR code to find a clinic near you.



For more information, visit [www.vchca.org/monkeypox](http://www.vchca.org/monkeypox)

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