

# Monkeypox

## 1. What is monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus. It is usually found in Central and West Africa and does not occur naturally in the US. However, multiple cases of monkeypox have recently been reported in several countries that don't normally report monkeypox, including the United States.

## 2. How does monkeypox spread?

Monkeypox is spread when a person comes into contact with an animal or human with the virus or through contact with materials (like clothing or linens) used by the infected person or prolonged exposure to respiratory droplets. The virus typically enters the body through broken skin, respiratory droplets, or the mucous membranes (eyes, nose, or mouth). Because of this, transmission may also occur during sex through skin-to-skin and other intimate contact.

## 3. What are the signs of monkeypox?

Early signs may include fever, malaise (a general feeling of discomfort), headache, swollen lymph nodes, and sometimes cough or sore throat. Other symptoms include muscle aches, backache, chills, and exhaustion, followed by a rash that typically begins on the face and spreads to other parts of the body. Infections can last two to four weeks. And some just develop a rash with or without swollen lymph nodes, which can occur on the genitals.

## 4. How is it treated?

At this time, there are no specific treatments available for monkeypox infections. Medication may be used to ease the symptoms of illness. In some cases vaccine can be given to prevent the disease after a high-risk exposure to the virus.

## 5. How can you prevent monkeypox?

Steps to help prevent monkeypox include:

- Avoid contact with any materials, such as bedding, that has been in contact with an infected person or sick animal.
- Isolate infected people from others who could be at risk for infection.
- Practice good hand hygiene after contact with infected animals or humans. For example, washing your hands with soap and water or using an alcohol-based hand sanitizer.
- Use personal protective equipment when caring for an infected person.

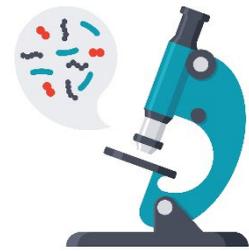
There is no specific treatment approved for this virus, but medication can be given to ease the symptoms. However, there is a vaccine that can be used, under certain circumstances, to prevent monkeypox in people based on their level of exposure to this virus.

## 6. What is happening now with monkeypox?

Currently, there is an international outbreak occurring that is not associated with animals or travel to an area where this disease is more common. Multiple areas in the US have identified cases including cases identified in California. Of the cases in the United States, all except one had history of recent travel. The Pasadena Public Health Department is monitoring this situation and alerting healthcare providers, and the CDC is tracking clusters of cases. For the most current updates of monkeypox in Pasadena, please view: <https://www.cityofpasadena.net/public-health/monkeypox>.

## 7. What should I do if I think I may have monkeypox?

Please contact your healthcare provider if you believe you have signs or symptoms of monkeypox.



### Key Messages:

- The risk to the US population remains low.
- Those who experience symptoms consistent with monkeypox, such as characteristic rashes or lesions, should contact their health care provider for a risk assessment. This includes anyone who traveled to countries where monkeypox cases have been reported or has had **close contact** with someone who has a similar rash or received a diagnosis of suspected or confirmed monkeypox.
- Call Los Angeles County 2-1-1 for assistance if you do not have a regular provider.

### Where can the public go for more information?

**Centers for Disease Control and Prevention**  
 Monkeypox  
[cdc.gov/poxvirus/monkeypox/index.html](https://www.cdc.gov/poxvirus/monkeypox/index.html)

**California Department of Public Health**  
 Monkeypox  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox-Questions-and-Answers.aspx>