

MONKEYPOX *What you need to know*

Monkeypox is a virus that causes similar symptoms to chickenpox, usually causing **fever, headache** and **rash** on the face, hands, feet and genitals.

Recently, monkeypox infections have been reported in many countries, including Canada, Australia and in Europe, mostly among men who have sex with men.

The current outbreaks have been linked through bath houses and saunas.

Anyone can be infected with monkeypox, regardless of age, sexual orientation, sex or gender

SYMPTOMS

- ▶ Fever
- ▶ Headache
- ▶ Swollen lymph nodes
- ▶ A rash anywhere on your skin, usually starting on the face and chest, then moving to the hands and feet
- ▶ The rash progresses to **blister-like sores**. The sores can appear anywhere on the body. Many people get sores on their **genitals** (including penis, scrotum, vulva and anus) and **mucous membranes** (inside the mouth, rectum and vagina).



Images of patients from a 2003 monkeypox outbreak in the United States

● HOW DOES IT SPREAD?

Monkeypox spreads through close contact with another person, such as:

- ▶ Having sex
- ▶ Sleeping in the same bed
- ▶ Sharing a small space for a prolonged period of time

The virus can spread through contaminated clothing or bedding. You can breathe it in or get infected when the virus touches your mucous membranes.

● WHAT DO I DO IF I HAVE SYMPTOMS?

- ▶ Isolate at home while you are infectious and avoid contact with others
- ▶ If you need to see a doctor, call ahead and let them know you have monkeypox to avoid exposing others
- ▶ Wear a well-made, well-fitting mask if you have to share space with others and cover any rash that has not scabbed over.

Generally, monkeypox is not dangerous for a healthy person, with mild symptoms that go away by themselves without any treatment.

However, severe cases can occur and immunocompromised people, pregnant people and young children are at higher risk of severe outcomes.

SUNSHINE HOUSE

For more info: sunshinehousewpg.org/monkeypox