

## What is monkeypox?

It's a disease caused by the monkeypox virus. It comes from the same family of viruses as smallpox. However, its symptoms are milder than smallpox. Monkeypox is not new. It was first noted in the 1950s and spread to humans in the 1970s.

## What are the symptoms?

If you're infected with monkeypox, you may experience a rash with painful blisters or pimple-like bumps. The most common areas to see this are in the mouth and on the arms, hands, legs, torso, face, anus and genitals. The rash usually lasts two to four weeks. Once the rash has healed, you're no longer contagious. Other symptoms include: fever, headache, fatigue, muscle aches, cough and other flu-like symptoms.

## How does it spread?

Monkeypox is spread through close, personal or intimate contact with someone who is actively infected with the virus. This could include touching the blisters of someone who's infected, sharing linens, breathing close to, kissing or having sex with someone who is actively infected.

Monkeypox can also spread from an animal to a human, so it's important to do our best to contain the virus before it spreads to animals that easily transmit diseases, such as rodents and birds. If it's widely spread to animals, it may become more widespread among humans.

## Is this like COVID-19?

While monkeypox and COVID-19 are both viruses, they are not very similar in how they spread or affect those who get infected. The COVID-19 virus spreads rapidly through respiratory droplets in the air. You could contract COVID-19 by being in the same room as someone who is carrying the COVID-19 virus. You would only contract monkeypox if you touched or were in close proximity to someone who's infected for a prolonged period of time.

## Is there a vaccine?

There is an FDA-approved vaccine that has been used for decades to prevent the spread of viruses like this. There's limited supply in the United States, and supply is managed by the CDC and the state health departments. The smallpox vaccine is also effective at preventing the spread of monkeypox.

## Is monkeypox deadly?

Currently, no deaths have been associated with monkeypox. Symptoms are usually minor and resolve without treatment. However, it can lead to more serious, life-threatening illnesses, such as pneumonia or brain infection.

## What do I do if I think I might have monkeypox?

Self-isolate and contact your primary care provider and local public health department.

MONKEYPOX  
information



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