

MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



WHAT IS MONKEYPOX

You may have seen in the news recently that the United States has seen an increase in monkeypox cases this summer. You may be asking, “What is monkeypox?”

Monkeypox is a rare disease caused by infection with a virus. Monkeypox can cause a rash that may look like pimples or blisters. The rash will change and turn to scabs before healing. Sometimes, people get a rash first, then get other symptoms. Other people only get a rash. Symptoms usually appear 1-2 weeks after infection. Most infections last 2-4 weeks and get better without medication. It is a self-limiting disease and usually does not require hospitalization.

Monkeypox does not spread easily between people, but it can spread from person to person through close contact. High-risk individuals include men who have sex with men. People should take the following steps to prevent getting monkeypox:

- o Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
- o Do not touch the rash or scabs of person with monkeypox.
- o Do not kiss, hug, cuddle, or have sex with someone with monkeypox.
- o Do not share eating utensils or cups with a person with monkeypox.
- o Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- o Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

Testing is the best way to determine if an infection is monkeypox. There are no treatments just for monkeypox. However, vaccines and drugs used to help prevent and treat similar viruses can also work for monkeypox. Most people get better without medication.

The CDC does not recommend the monkeypox vaccine for the general public. Contact your healthcare provider if you have a new rash or have had close contact with someone who may have monkeypox.