



Monkeypox Information for AHF Clients

July 1, 2022

What is Monkeypox?

- Monkeypox usually presents as a rash with mild symptoms of infection that can last one month.
- Monkeypox is transmitted by contact with an infected person or with fabric that has had contact with an infected person's lesion such as clothing, bedding, or towels.
- Monkeypox is currently spreading rapidly around the world, primarily in Europe and the United States. There have been 5,783 cases and 1 death as of July 1, 2022. [A]
- Anyone can be infected with monkeypox., though the majority of monkeypox cases so far have been among men who have sex with men.
- People who can be the most vulnerable to monkeypox are immunocompromised, pregnant people, children, or those with skin conditions.
- Death rarely occurs.
- NO skin-to-skin contact = NO infection.

What does Monkeypox Look Like?

- The most noticeable sign of monkeypox are skin lesions. Lesions often begin as small, flat lesions, then firm, raised lesions that may look like pustules, fluid-filled or umbilicated, and finally becomes a scab. When the scab naturally falls off and new skin is underneath, the person is no longer infectious.
- Lesion appearance can vary. They may be itchy or painful.
- Lesions may be in a single area, usually around the genitals, anus, or mouth, scattered around the body, or on the hands or feet.
- People with monkeypox may also experience fever, muscle aches, fatigue, and swollen lymph nodes.

How Do I Know If I Have Monkeypox?

- Consider if you have been at risk of infection.
- Have you had skin-to-skin contact in the last three weeks?

- Do you feel ill with a fever, headache, muscle aches, or swelling of lymph nodes?
- Do you have a rash? Do you see any lesions on your body? With the help of a mirror, carefully check your genital and perianal area.
- If you are concerned about having monkeypox you should be evaluated by a medical facility. A confirmed diagnosis can only be made by laboratory testing.

How is Monkeypox Spread?

- Monkeypox can be spread by contact with lesions on someone's skin.
- Monkeypox can also be spread by touching contaminated objects, fabrics such as clothing, bedding, and towels, and surfaces that have been in contact with monkeypox.
- Monkeypox can be spread by contact with respiratory droplets or secretions from the eyes, nose, and mouth. Other bodily fluids may spread monkeypox.

How May I Prevent Being Infected with Monkeypox?

- Avoiding skin-to-skin contact is key. Treatment and vaccination are not as effective as avoidance.
- Avoid close contact with people who may be infected with monkeypox.
- Avoid hugging, kissing, massaging, or talking closely with someone who may have monkeypox.
- Consider people's risk of having monkeypox before engaging in any sexual activity.
- Do not touch fabrics, surfaces, or objects used by someone who may have monkeypox.
- Anonymity of your sexual partners is more dangerous as it means not knowing your sexual partner's risk of monkeypox. This puts you and other partners at risk of spreading monkeypox.
- The number of infected individuals is small at this point, utilize prevention methods to keep yourself safe and stop the spread of monkeypox.

What is the Treatment for Monkeypox?

- Monkeypox rarely needs treatment, though several medications exist.
- Most cases of monkeypox are mild and do not require treatment.
- Self-isolation is the typical method of treatment.
- US government has monkeypox treatment in limited supply and are supplying them to providers.

- Vaccines exist but are limited. The primary vaccine Jynneos must be administered as two doses a month apart and protection does not begin until two weeks after the final dose. The vaccine is believed to be 85% effective in preventing monkeypox.
- The need for vaccination will be determined by your provider. Having contact with someone confirmed as having monkeypox may increase your need for a vaccine.
- Monkeypox is usually self-limiting so self-isolation is the main treatment for those infected during the current monkeypox 2022 outbreak.
- If you had contact with someone you suspect to have had monkeypox, contact your provider or local health department for testing.

Images



All of the above images are from GOV.UK, <https://www.gov.uk/guidance/monkeypox>

Sources

- A. CDC. Monkeypox Outbreak Global Map. Updated daily, accessed July 1, 2022. Available online: <https://www.cdc.gov/poxvirus/monkeypox/response/2022/world-map.html>