

MONKEYPOX

What to Know, What to Do

Monkeypox is a rare, but serious, viral illness with outbreaks taking place in countries like the U.S. where it doesn't normally happen. It is not new, unlike COVID-19, but health officials are still learning more about how it's spreading.

Who's At Risk

Anyone, regardless of gender identity or sexual orientation, can get monkeypox. Many, but not all cases, have been among communities of people who self-identify as men who have sex with men (MSM).

BE PREPARED:

- WATCH FOR SYMPTOMS
- KNOW HOW IT'S SPREAD
- TAKE PREVENTION STEPS
- CALL YOUR DOCTOR IF NEEDED

Watch for Symptoms

The most common symptom is a rash or sores (the 'pox' part of monkeypox) that can look like pimples or blisters that appear on the face, inside the mouth, and on or in other parts of the body, like the hands, feet, chest, genitals, or anus.



Some people may also have the following symptoms first, or in addition to, a rash or sores:



Fever



Swollen lymph nodes



Headache



Exhaustion



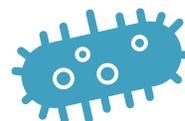
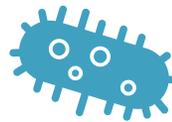
Muscle aches/backache



Chills

Symptoms usually appear between **7-14 days after exposure** but can range between 5-21 days. The illness typically lasts between 2-4 weeks.





Know How it's Spread

The most common way it spreads is from direct contact with the skin, clothes, bedding or bodily fluids of someone infected with the virus. People can be infectious from when symptoms start until all sores have healed and a fresh layer of skin has formed.



It might also spread through large respiratory droplets such as if someone with monkeypox coughs or sneezes close to your face.



Prevent An Infection

- Talk with your sexual partner(s) about any recent illness, and especially any new or unexplained sores or rashes on your bodies, including on the genitals and anus.
- If anyone has a new or unexpected rash or sore, do not have sex or close physical contact.
- Wash hands, sex toys and bedding every time before and after sex or other intimate activities.



Going to clubs, raves, saunas, sex parties, and other places with skin-to-skin or face-to-face contact with many people increases the risk of exposure to monkeypox.

Vaccine supply is currently limited. Visit redcap.link/AHD-MPV to check eligibility and add your contact info to the interest form.

Call Your Doctor

Think you might have been exposed to monkeypox or have symptoms? Talk to your doctor about whether you should be tested. The Alexandria Health Department is working with local providers to guide you through next steps. Avoid direct contact with others until you can be evaluated by your healthcare provider.

Don't have a healthcare provider or insurance? Call the Alexandria Health Department at 703.746.4988



GO TO [ALEXANDRIAVA.GOV/MONKEYPOX](https://alexandriava.gov/monkeypox) TO LEARN MORE

