

WHAT YOU SHOULD KNOW ABOUT MONKEYPOX

WHAT IS MONKEYPOX?

Monkeypox is a viral infection that can cause fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion. These symptoms often start suddenly. While some people may not experience these symptoms, nearly everyone infected with monkeypox will develop a painful rash.

The rash usually starts on the face or genital area before spreading to other body parts. People with monkeypox get a rash that can initially look like flat spots or small bumps on the skin, which may be painful or itchy. The rash usually progresses over time from small bumps to larger fluid-filled bumps to scabs before falling off.

Symptoms of monkeypox usually start within three weeks of exposure and last between two and four weeks.

Many people with monkeypox have mild symptoms. However, people with other conditions, especially those who have a weakened immune system, face a higher risk of experiencing severe monkeypox symptoms.

Monkeypox causes similar symptoms to many other diseases, such as syphilis, herpes, chickenpox, or shingles. If you have symptoms of monkeypox, talk to your healthcare provider. Your healthcare provider can help you determine the cause of your symptoms and make sure that you get the best care possible.

HOW IS MONKEYPOX TRANSMITTED?

Monkeypox is transmitted:

- by contact with a person or animal infected with the virus,
- by material contaminated with the virus, or
- during pregnancy from mother to fetus.

Person-to-person transmission of monkeypox is mostly from direct contact with infectious rashes, scabs, or body fluids. Monkeypox transmission occurs in many ways including:

- intimate sexual contact,
- hugging or kissing,
- anything which would involve skin-to-skin contact, or
- touching fabrics and objects a person with monkeypox used and that have not been disinfected.

It's not yet known if monkeypox can spread through semen or vaginal fluids.

Long exposure to infectious respiratory droplets also transmits the virus. A person with monkeypox is infectious to others when they have symptoms until their rash has fully healed.



For monkeypox questions, call
Texas Department of State Health Services at
888-963-7111
or Centers for Disease Control at
800-CDC-INFO (English/Espanol)
888-232-6348 (TTY).

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Stock No. 59-16679
Revised 8/2022



IS THERE A TREATMENT FOR MONKEYPOX?

There is no specific treatment for monkeypox, although antiviral drugs developed for use in smallpox patients may prove beneficial. Some persons with monkeypox may be candidates for treatment with an antiviral drug after consultation with their healthcare provider or public health authorities.

IS THERE A VACCINE FOR MONKEYPOX?

Yes. When given before exposure or shortly after exposure to monkeypox, the vaccine can help protect a person from getting monkeypox.

WHO IS ELIGIBLE FOR VACCINATION?

People with a known or possible exposure to monkeypox are the highest priority for vaccination. Some places may also offer vaccination as pre-exposure prophylaxis (PrEP) for people who are at an increased risk of monkeypox, such as people 18 years of age and older who:

- are men who have sex with men, and
- have had multiple or anonymous sex partners within the previous 21 days.

DSHS recommends prioritizing eligible people at increased risk of the disease including those who:

- have a sex partner who is showing symptoms of monkeypox, such as a rash or sores;
- have had a diagnosis of HIV, chlamydia, gonorrhea, or early syphilis, within the previous 12 months;
- are on HIV pre-exposure prophylaxis; or
- have a condition that may increase their risk for severe disease if infected with monkeypox virus, such as HIV, atopic dermatitis, or eczema.

Eligibility for monkeypox vaccination may change over time based on the status of the outbreak and the availability of vaccine.

HOW CAN YOU AVOID GETTING MONKEYPOX?

You can take these steps to help prevent monkeypox transmission:

- Avoid contact with people who have a new or unknown rash, lesions, or scabs.
- Avoid contact with materials which have been in contact with someone with monkeypox, unless they have been disinfected.
- Those who need to be close to persons with monkeypox should wear personal protective equipment (PPE).
- Practice good hand hygiene after contact with anyone with monkeypox.
- If eligible, get vaccinated.

Contact your local healthcare provider or health department to get tested, get treated, or get vaccinated.

Where can I learn more?

Latest updates on monkeypox in Texas from DSHS
dshs.texas.gov/news/updates.shtm#monkeypox

Monkeypox information from CDC
cdc.gov/poxvirus/monkeypox/

Monkeypox vaccine information from CDC
cdc.gov/poxvirus/monkeypox/clinicians/smallpox-vaccine.html

Monkeypox treatment information from CDC
cdc.gov/poxvirus/monkeypox/clinicians/treatment.html

Monkeypox home disinfection information from CDC
cdc.gov/poxvirus/monkeypox/specific-settings/home-disinfection.html