

Monkeypox Prevention

Monkeypox FYIs: 1 of 6 (July 29, 2022)

Take the following steps to prevent getting monkeypox:

- Avoid close, skin to skin contact with the monkeypox rash.
 - Do not touch the rash or scabs of person with monkeypox.
 - Do not kiss, hug, cuddle or have sex with someone with monkeypox.
 - Do not share eating utensils or cups.
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.

A person with monkeypox should isolate away from others at home.



For more info:



How Monkeypox Spreads

Monkeypox FYIs: 2 of 6 (July 29, 2022)

Monkeypox can spread to anyone through close, personal, or regular skin-to-skin contact including:

- Direct contact with monkeypox rash, sores, or scabs
- Contact with objects, fabrics, and surfaces that have been used by someone with monkeypox
- Through respiratory droplets or oral fluids from a person with monkeypox
- From mother to fetus via the placenta
- Contact with infected animals, either by being scratched or bitten, by preparing/eating meat, or using products from an infected animal.

Contact can happen during:

- Oral, anal, and vaginal sex, or touching the genitals or anus of a person with monkeypox
- Hugging, massage, kissing, or talking closely
- Touching fabrics and objects during sex that were used by a person with monkeypox, such as bedding, towels and sex toys



For more info:



Source: Centers for Disease Control and Prevention (CDC)

Monkeypox Signs and Symtpoms

Monkeypox FYIs: 3 of 6 (July 29, 2022)

Symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (sore throat, nasal congestion, cough)
- A rash that may be located on or near the genitals or anus, but could also be on other areas like the hands, feet, chest, face, or mouth.
- The rash can look like pimples or blisters and may be painful or itchy.
- The illness typically lasts 2-4 weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.



For more info:



Safer Sex and Social Gatherings

Monkeypox FYIs: 4 of 6 (July 29, 2022)

If you or your partner has monkeypox, the best way to protect yourself and others is to avoid sex of any kind (oral, anal, vaginal), and do not kiss or touch each other's bodies while you are sick, especially with a rash.

If you or your partner have (or think you have) monkeypox and you decide to have sex, consider the following to reduce the chance of spreading the virus:

- Have virtual sex with no in-person contact.
- Masturbate together at a distance of at least 6-feet, without touching each other and without touching any rash.
- Consider having sex with your clothes on or covering areas where rash is present, reducing skin-to-skin contact as much as possible.
- Avoid kissing
- Wash your hands, fetish gear, sex-toys and fabrics after having sex.



For more info:



Considerations for Monkeypox Vaccination

Monkeypox FYIs: 5 of 6 (July 28, 2022)

Two vaccines may be used for the prevention of Monkeypox virus infection:

- JYNNEOS (also known as Imvamune or Imvanex), licensed (or approved) by the U.S. Food and Drug Administration (FDA) for the prevention of Monkeypox virus infection, and
- ACAM2000, licensed (or approved) by FDA for use against smallpox and made available for use against monkeypox under an Expanded Access Investigational New Drug application.

For more information on vaccine strategies to prevent Monkeypox, please visit the QR code below:



For more info:



Pets and Monkeypox

Monkeypox FYIs: 6 of 6 (June 24, 2022)

People with monkeypox should avoid contact with animals, including pets, domestic animals, and wildlife to prevent spreading the virus.

If your pet is exposed to monkeypox:

- Do not surrender, euthanize, or abandon pets just because of a potential exposure or Monkeypox virus.
- Do not wipe/bathe your pet with chemical disinfectants, alcohol, or other products, like hand sanitizer, counter-cleaning wipes, or other surface cleaners.
- If you have monkeypox and must care for your healthy pets during home isolation, wash your hands, or use an alcohol-based hand rub, before and after caring for them. Cover any skin rash to the best extent possible (i.e. long sleeves, long pants), and wear gloves and a well-fitting mask or respirator while providing care for your animals.



For more info:

