

MONKEYPOX INFORMATIONAL

Monkeypox is a rare disease caused by infection with the monkeypox virus. Transmission typically occurs through close, sustained physical contact with a person who has the virus however can also be transmitted via contact with respiratory secretions, infectious rash, scabs, or body fluids.

Observance of **COVID** protocol facilitates reduced exposure.



- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox. Do not touch the rash or scabs of a person with monkeypox.
- Do not kiss, hug, cuddle, or have sex with someone with monkeypox.
- Do not share eating utensils or cups with a person with monkeypox.
- 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.

Incubation period of roughly 1-2 weeks.

Symptoms* of concern include:

- Fever $\geq 100.4^{\circ}\text{F}$ (38°C)
- Chills
- Malaise or weakness
- Headache
- New lymphadenopathy (around the ear, axillary, cervical, or inguinal)
- New skin rash typically located around genitals, anus, hands, face, chest

****Fever and rash occur in nearly all people infected with monkeypox virus.***



Anyone with a rash that looks like monkeypox should call **Student Health (334-727-8641)** or talk to their healthcare provider, even if they don't think they had contact with someone who has monkeypox.

A person who is sick with monkeypox should isolate at home. If they have an active rash or other symptoms, they should be in a separate room or area from other family members and pets when possible.

The illness typically lasts 2-4 weeks.

Contacts should be instructed to monitor their temperature twice daily. If symptoms develop, contacts should immediately self-isolate and contact the health department for further guidance.

- If fever or rash develop, contacts should self-isolate and contact their local or state health department immediately.
- If only chills or lymphadenopathy develop, the contact should remain at their residence and self-isolate for 24-hours.
 - During this time, the individual should monitor their temperature for fever; if a fever or rash develop, the health department should be contacted immediately.
 - If fever or rash do not develop and chills or lymphadenopathy persist, the contact should be evaluated by a clinician for potential cause. Clinicians can consult with their state health departments if monkeypox is suspected.

Contacts who remain asymptomatic can be permitted to continue routine daily activities (e.g., go to work, school). Contacts should not donate blood, cells, tissue, breast milk, semen, or organs while they are under symptom surveillance.

For more information:

<https://www.cdc.gov/poxvirus/monkeypox/specific-settings/social-gatherings.html>