

# Monkeypox Facts

Monkeypox is a rare disease caused by infection with the monkeypox virus. It is usually a mild illness and symptoms typically resolve within a few weeks.

## Symptoms may include:

- Fever
- Headache
- Muscle aches and backache
- A rash that start like pimples or blisters and may change over time. It usually appears on the face, inside the mouth, and on other parts of the body including the hands, feet, chest, genitals or anus.
- Swollen lymph nodes
- Chills
- Exhaustion

## How it spreads:

Monkeypox can spread through close contact including sexual contact with someone who has the virus.

Bodily fluids

Monkeypox rash, sores or scabs

Respiratory secretions and saliva (eyes, nose and mouth)

Contaminated objects or shared personal items such as bedding or towels

Pregnant people can spread the virus to their fetus through the placenta

## Anyone can get monkeypox:

Anyone can get or pass on monkeypox if they come into close contact with someone who has the virus regardless of sex, gender, sexual orientation and race. One of the best ways to reduce your risk of monkeypox is to reduce your number of sexual partners. This will help reduce your overall risk of being exposed to someone with monkeypox. The emergence of monkeypox in the United States serves as a reminder to stay up-to-date on regular STI testing based on your sexual behavior, partners and if you have symptoms.

## Prevent the spread:

Reduce your risk of getting or spreading monkeypox by:

- Avoiding close, skin-to-skin contact including kissing with people who have a rash, sores or confirmed monkeypox.
- Do not handle, touch or shake bedding, towels or clothing of a person with rash, sores or confirmed monkeypox.
- Do not share eating utensils or cups of a person with monkeypox.
- Washing your hands often.
- Covering your coughs and sneezes.
- Cleaning and disinfecting high touch surfaces and objects.



At this time, vaccine is ONLY available for those who have direct close contact with or care for an individual with monkeypox.



Call your healthcare provider if you have traveled to an area with monkeypox cases, have symptoms of monkeypox, particularly the characteristic rash or lesions or had contact with a confirmed or suspected monkeypox case.



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