

# Monkeypox

## What is monkeypox?

Monkeypox is a rare disease caused by the monkeypox virus.

During 2022, cases of monkeypox have been reported in areas where monkeypox is not usually found. This includes various countries around the world, throughout the U.S., and here in Ohio. The type of monkeypox seen in this outbreak is rarely fatal, and most people recover from their illness within 2-4 weeks without needing any special treatment.

However, some people with monkeypox infection may be at higher risk for severe illness, including people who have weakened immune systems.

## What are the symptoms of monkeypox?

Monkeypox symptoms usually appear 1 to 2 weeks after infection, but sometimes can take up to 3 weeks to appear.

### Symptoms may occur in any order:

#### Rash

- The rash looks like pimples or blisters. It will go through several stages, often scabbing before it heals.
- The rash may be located on one or more areas of the body including: hands, feet, chest, face, genitals, or inside the mouth, vagina, or anus.

#### Flu-like symptoms

- Fever
- Chills
- Headache
- Exhaustion
- Muscle aches and backache
- Swollen lymph nodes
- Respiratory symptoms (i.e. cough, sore throat, nasal congestion)



Most cases of monkeypox last 2-4 weeks and resolve without medication.

## How does monkeypox spread?

Monkeypox can spread from person to person through close contact, including:

- Direct contact with the rashes, sores, scabs, or body fluids of a person with monkeypox.
- Respiratory secretions during prolonged, face-to-face contact.
- Contact with personal items that came into contact with the rash, sores, scabs, or bodily fluids from a person with monkeypox (example: clothing, bedding, or towels).

## How to protect myself from monkeypox?

- Avoid close, skin-to-skin contact with people who have a rash.
- Do not touch the rash or scabs of a person with monkeypox.
- Do not kiss, hug, cuddle, or have sex with someone with monkeypox.
- Avoid contact with items that a person with monkeypox has used or touched.
- Do not share dishes, forks, spoons, knives, or cups with a person who has monkeypox.
- Do not touch the bedding, towels, or clothing of a person with monkeypox.
- Clean and disinfect items that someone with monkeypox has touched.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating, touching your face, and after you use the bathroom.



## What to do if I think I have monkeypox?

- If you notice a new or unexplained rash or have other monkeypox symptoms, see a healthcare provider. Your provider may test you for monkeypox.
- Avoid close contact with other people, pets, or animals until a healthcare provider examines you.
- Wear a mask and cover your rash and sores when you are around others.
- Avoid going out in public unless you are seeing a healthcare provider.
- If you are waiting for monkeypox test results, you should isolate at home, away from others, until you get test results.
- If your test result is positive, stay isolated until all scabs have fallen off and a fresh layer of intact skin has formed.



## Where can I find more information on monkeypox?

Centers for Disease Control and Prevention

<https://www.cdc.gov/poxvirus/monkeypox/index.html>

Ohio Department of Health

<https://odh.ohio.gov/know-our-programs/mpx/monkeypox-dashboard>



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