



MONKEYPOX

WHAT YOU NEED TO KNOW

What is it??

Monkeypox is a viral disease. It is caused by the Monkeypox virus, which belongs to the Orthopoxvirus group of viruses. Monkeypox is concerning since the illness is similar to smallpox and can be spread from infected humans, animals and material contaminated with the virus.

Monkeypox is not a sexually transmitted disease and does not spread easily between people. However, anyone who has extremely close personal contact — mostly skin-to-skin — including direct contact with monkeypox rash, scabs, or body fluid from a person with monkeypox, can get it and should take steps to protect themselves.

What are the symptoms?

Flu like symptoms:

Fever or Chills

Body aches

Headache

Weakness

Swollen lymph nodes (neck, arm pits, groin)

Rash:

On face, hands, feet or genitalia

Start out as:

flat red spots

then firm fluid filled, raised bumps that eventually scab over

How does it spread?

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions.

A person with monkeypox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.

The illness typically lasts 2-4 weeks.

PREVENTION

Avoid close, skin-to-skin contact with people who have a rash that looks like pimples or blisters.

- 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 handle or touch the unwashed 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.
- Do not share eating utensils or cups with a person with monkeypox.

Call IUP Health Service if you have any questions about Monkeypox
724-357-2550
Or email
health-inquiry@iup.edu

We can help you with testing, treatment and vaccination locations.

For more information visit:
health.pa.gov or CDC.gov

Health Service
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health-inquiry@iup.edu

Office Hours
Monday through Thursday
8:00 a.m.— 4:30 p.m.
Friday
10:00 a.m.— 4:30 p.m.