



Monkeypox



Monkeypox U.S. Outbreak 2022?

CDC is tracking an outbreak of monkeypox that has spread across several countries that do not normally report monkeypox, including the United States. Prior to the 2022 outbreak, monkeypox had been reported in people in central and western African countries.

Previously, almost all monkeypox cases in people outside of Africa were linked to international travel to countries where the disease commonly occurs or through imported animals.

Stay informed and up to date on the monkeypox outbreak with CDC's website:

[Monkeypox | Poxvirus | CDC](#)

What is Monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus.

Monkeypox virus is part of the same family of viruses as smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder; and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

How is Monkeypox Spread?

Monkeypox spreads in different ways. The virus can spread from person-to-person through:

- direct contact with the infectious rash, scabs, or body fluids
- respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex
- touching items (such as clothing or linens) that previously touched the infectious rash or body fluids
- pregnant people can spread the virus to their fetus through the placenta
- being scratched or bitten by an infected animal or by preparing or eating meat or using products from an infected animal

What are the symptoms of Monkeypox?

Symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.

The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

How can I prevent Monkeypox Infection?

Take the following steps to prevent getting monkeypox:

- 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.
- Consider options to make sex and intimacy safer
<https://www.cdc.gov/poxvirus/monkeypox/pdf/Monkeypox-SaferSex-InfoSheet-508.pdf>
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- CDC recommends vaccination for people who have been exposed to monkeypox. The vaccine is



recommended to be given within 4 days from the date of exposure for the best chance to prevent onset of the disease. If given between 4 and 14 days after the date of exposure, vaccination may reduce the symptoms of disease, but may not prevent the disease.

[Considerations for Monkeypox Vaccination | Monkeypox | Poxvirus | CDC](#)

If you are sick with Monkeypox:

- Isolate at home
<https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html>
- If you have an active rash or other symptoms, stay in a separate room or area away from people, pets you live with, domestic animals and wildlife to prevent spreading the virus. [Pets in the Home | Monkeypox | Poxvirus | CDC](#)

How is Monkeypox Treated?

There are no treatments specifically for monkeypox virus infections. However, monkeypox and smallpox viruses are genetically similar, which means that antiviral drugs and vaccines developed to protect against smallpox may be used to prevent and treat monkeypox virus infections.

Antiviral medication may be recommended for people who are more likely to get severely ill, like patients with weakened immune systems.

What can travelers do to prevent Monkeypox?

Cases of monkeypox have been reported in many countries around the world (see [global map of cases](#)).

Travelers can protect themselves against infection by taking the following steps:

- Avoid close contact (including kissing, hugging, touching or having sexual contact) with people who are sick or have a rash and contaminated items.

- Do not share eating utensils or cups.
- Do not touch the bedding or clothing of a sick person.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Keep your hands away from your eyes, nose, and mouth. If you need to touch your face, make sure your hands are clean.

Avoid animals when traveling

- Do not touch live or dead wild animals.
- Do not touch or eat products that come from wild animals.
- Avoid touching materials, such as bedding used by animals.
- If you are traveling to work with animals, wear appropriate personal protective equipment and take additional precautions.

If you traveled and feel sick:

- Particularly if you have a fever, talk to a healthcare provider, and tell them about your travel. Avoid contact with other people while you are sick.

If you are sick and could have monkeypox:

- Delay travel by public transportation until you have been cleared by a healthcare professional or public health officials.

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CDC Public Information

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