

Monkeypox: Get the Facts!



What is Monkeypox (MPX)? Monkeypox is a rare disease caused by the Monkeypox virus. As of now, there are no deaths.

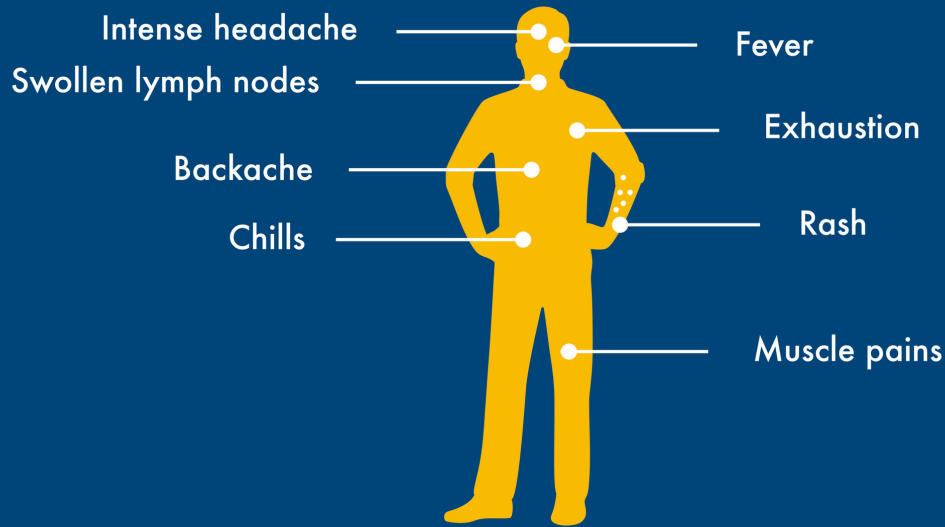
What are the Symptoms? Symptoms can be flu-like and can include:

- A painful rash, blisters, or sores on the body
- Fever and chills
- Feeling very tired
- Swollen lymph nodes (glands that fight sickness and are found in the groin, armpits, and neck)
- Head and body aches
- Sore throat
- Stuffy nose
- Cough

A rash or sores often appear on different parts of the body 1-3 days after you get a fever. Sometimes the sores will appear before the flu-like symptoms do. Sometimes sores will appear without the flu-like symptoms. The rash or sores can look like a pimple or a blister. They can be itchy or very painful. The rashes or sores can also lead to possible scarring.

Monkeypox: Get the Facts! (continued)

The monkeypox symptoms



How Does It Spread? MPX can spread from when symptoms first start until all sores have healed and new skin has grown back. It can spread through:

- Close touch (i.e. sex, hugging, kissing, massaging someone, and so on)
- Touching something after someone with MPX has touched it
- Touching a sick person's sores or body fluids
- Getting bit or scratched by an animal with MPX or eating meat from an animal with MPX

Who is at Risk?

- Men who have sex with men who might have other partners
- People with many sex partners
- Unborn babies
- People who are often around animals (rare)
- People who may be exposed to MPX through work, such as people who work in a lab (very rare)

Monkeypox: Get the Facts! (continued)

What Do I Do if I Think I Have It? You can get help if you have MPX or if you think you have MPX, but remember:

- Don't touch others, such as having sex or being in close contact with someone.
- Stay home from work, school, or other events if you don't feel good or have symptoms.
- Be sure to call or visit your doctor or a public health site.

What Can I Do to Protect Myself and My Loved Ones from MPX? To help stay safe:

- Wash your hands.
- Don't come into close contact with someone who has MPX if you can help it. Wear a mask and gloves if you have to care for loved ones with MPX.
- Get vaccinated if you can.
- Lower your number of sexual partners.
- Talk to your partner if you or they have any recent or new rashes, or are feeling sick.

Who Can Get the MPX Vaccine?

- People ages 18 and up
- Vaccines are mainly for:
 - People who were exposed to MPX or are at high risk of being exposed.
 - People with certain health issues and who may have been in close contact with MPX.
 - People who are exposed to MPX through their jobs (such as people who work in a lab).

The California Department of Public Health has asked for focused vaccine efforts to involve groups such as men who have sex with men.





Monkeypox: Get the Facts! (continued)

Where Can I Get Vaccinated?

Call your local public health department for facts on where to get a vaccine.

- Del Norte Public Health Department – **(707) 464-0861**
- Humboldt Public Health Department – **(707) 268-2108**
- Lake Public Health Department – **(707) 263-1090**
- Lassen Public Health Department – **(530) 251-8183**
- Marin Public Health Department – **(415) 473-4163**
- Mendocino Public Health Department – **(707) 472-2600**
- Modoc Public Health Department – **(530) 233-6311**
- Napa Public Health Department – **(707) 253-4270**
- Shasta Public Health Department – **(530) 225-5591**
- Siskiyou Public Health Department – **(530) 841-2134**
- Solano Public Health Department – **(707) 784-8600**
- Sonoma Public Health Department – **(707) 565-4400 option 6, then option 1**
- Trinity Public Health Department – **(530) 623-1358 option 2**
- Yolo Public Health Department - **(833) 744-4472 option #**

For more facts on MPX, please visit these websites:

- <https://www.cdc.gov/poxvirus/monkeypox/about.html>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx>

If you need help scheduling a doctor visit, call PHC at **(800) 863-4155**. TTY users can call California Relay Service at **(800) 735-2929** or **711**.