

About Monkeypox

Monkeypox (MPX) is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

Signs and Symptoms

People with monkeypox get a rash that may be located on or near the genitals or anus and could be on other areas like the hands, feet, chest, face, or mouth.

- The rash will go through several stages, including scabs, before healing.
- The rash can initially look like pimples or blisters and may be painful or itchy.

Other symptoms of monkeypox can include: Fever, Chills, Swollen lymph nodes, Exhaustion, Muscle aches and backache, Headache, Respiratory symptoms (e.g. sore throat, nasal congestion, or cough). People may experience all or only a few symptoms.



Testing

- Currently, testing is only recommended if you have a rash consistent with monkeypox.
- If you think you have monkeypox or have had close personal contact with someone who has monkeypox, consider [taking precautions](#) and visit your healthcare provider to help you decide if you need to be tested for monkeypox.
- Contact your healthcare provider or [local health department](#) to find testing options in your community.

How it Spreads

Monkeypox is usually spread through close, personal, often skin-to-skin contact, including:

- 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.

Prevention

At this time, data suggest that men who have sex with men make up the majority of cases in the current monkeypox outbreak. However, anyone, regardless of sexual orientation or gender identity, who has been in close, personal contact with someone who has monkeypox is at risk.

Take the following three steps to prevent getting monkeypox:

1. Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
2. Avoid contact with objects and materials that a person with monkeypox has used.
3. Wash your hands often.

Vaccines

CDC recommends vaccination for people who have been exposed to monkeypox and people who may be more likely to get monkeypox.

If you are Sick

Most people with monkeypox recover fully within 2 to 4 weeks without the need for medical treatment. Home care includes managing symptoms (usually with over-the-counter medications like ibuprofen or acetaminophen), taking steps to relieve itching or pain from the rash, and isolating to prevent the spread to others. Some people, like those with a weakened immune system or severe rashes, may need treatment. Drugs used to treat monkeypox require a prescription.