

What You Need to Know About Monkeypox

What is monkeypox?



Monkeypox is a rare, but potentially serious viral illness that can be transmitted from person to person through direct contact with bodily fluids or monkeypox lesions/rash.

What are the symptoms of monkeypox?



Fever



Swollen Lymph Nodes



Headache



Chills



Muscle aches



Exhaustion



Backache



Skin Lesions (rash)

Symptoms usually appear 7–14 days after exposure, with range of 5–21 days.

What happens if I think I have monkeypox?

You should see your healthcare provider or local wellness clinic for a health assessment.

How do I get monkeypox?



Monkeypox spreads between people primarily through direct contact with infectious sores, scabs, or bodily fluids. Monkeypox can spread during intimate contact

between people, including sex, kissing, hugging, or talking closely; and touching fabrics and objects during sex that was used by a person with monkeypox, such as bedding and towels. It can also be spread through respiratory droplets or oral fluids from a person with monkeypox.

How can I prevent monkeypox?

- ▶ Avoid coming into contact with people recently diagnosed with the virus or those who may have been infected.
- ▶ Wear a face mask if you are in close contact with someone who has symptoms.
- ▶ Wash your hands with soap and water or use hand sanitizer, especially after coming into contact with those who are infected — or suspected infected.

For more information about monkeypox, visit:
[Preventmonkeypox.dc.gov](https://www.preventmonkeypox.dc.gov)