

Let's talk about monkeypox



Monkeypox is a viral disease that recently has been reported in the U.S. and countries around the world that haven't usually seen outbreaks. Monkeypox cases are continuing to increase steadily in the U.S.

Anyone can be infected with this virus, but most recent U.S. cases have been reported in men who have sex with men they met at social events, such as bars or parties, or using online apps.

How monkeypox spreads

- Prolonged face-to-face contact with an infected person's respiratory droplets, such as kissing.
 - Touching monkeypox rash on skin.
 - Contact with bodily fluids of an infected person.
- Contact with contaminated objects, such as clothing and bedding.

Symptoms

- A rash with fluid-filled bumps, especially on the face, palms, arms, legs, genitals or anal area.
- May also include fever, headache, muscle aches, backaches, swollen lymph nodes and exhaustion.

Protect yourself

- Avoid close, skin-to-skin contact with anyone who has a rash of unknown cause.
 - Do not share eating utensils or cups with a person with monkeypox.
 - Do not touch the bedding, towels or clothing of a person with monkeypox.
 - Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- If you have a rash of unknown cause, consult your healthcare provider, even if you don't think you had contact with someone who has monkeypox.
- Stay home if you are sick with monkeypox. If you have an active rash or other symptoms, stay in a separate room or area away from people and pets as much as possible. Symptoms usually resolve in 2-4 weeks.
 - At this time, a limited supply of the vaccine to prevent monkeypox is available in Yellowstone County.



For more information, contact
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For more info: cdc.gov/monkeypox
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Photos at top show examples of monkeypox rash
Source: CDC