



How to avoid getting monkeypox

- Ask sexual partners whether they have a rash or have been exposed to monkeypox. If they have symptoms, ask them to isolate and get tested. Condoms do not fully prevent monkeypox from spreading. Having fewer sexual partners reduces the risk of being exposed to monkeypox.
- If a household member or close contact of yours develops a rash or symptoms of monkeypox, don't touch the rash and encourage them to contact their healthcare provider.

Lummi Tribal Health Center

360-384-0464



Lummi Public Health

360-383-8251



For more information on Monkeypox use the QAR code or visit <https://www.cdc.gov/poxvirus/monkeypox/about.html>

LUMMI PUBLIC HEALTH DEPARTMENT



MONKEYPOX VIRUS

Monkeypox is a viral infection that does not usually cause serious illness but can cause a painful rash and in rare cases can require hospitalization. In August 2022, the White House declared a public health emergency due to a large and growing number of monkeypox cases in the United States.

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HOW DOES MONKEYPOX SPREAD?



SKIN-TO-SKIN CONTACT

Direct contact with monkeypox sores or rashes on an individual who has monkeypox.



RESPIRATORY DROPLETS

Respiratory droplets or oral fluids from someone with monkeypox can infect others through the eyes, nose and mouth (for example through kissing).



SHARED CLOTHING AND BEDDING

Monkeypox can also be spread through contact with objects or fabrics (e.g., clothing, bedding, towels) that have been used by someone with monkeypox.

SYMPTOMS

- NEW rashes, bumps, or blisters on or around the genitals or in other areas like your hands, feet, chest, or face.
- Flu-like symptoms, such as fever, headache, muscle aches, chills, and fatigue. These symptoms may occur before the rash appears, or not at all.

● IF YOU HAVE SYMPTOMS...

If you notice a **new** rash or other monkeypox symptoms, **please stay home, self-isolate and contact your healthcare provider immediately to request a test.** Avoid contact with other people and pets, wear a mask around others, and do not use contact lenses.

● IF YOU WERE EXPOSED BUT DON'T HAVE SYMPTOMS...

Contact your healthcare provider immediately to request vaccination that can help prevent infection. Continue to monitor for symptoms and isolate if they appear.

Who is at high risk of severe symptoms?

People with weakened immune systems, elderly, young children under 8 years of age and pregnant people are at highest risk for severe symptoms and complications from monkeypox.

Is there treatment for monkeypox ?

Many people do not need specific treatment for monkeypox, but there are antiviral pills available for people who have more severe symptoms.

Is there a monkeypox vaccine?

Yes. The vaccine most commonly used vaccine for preventing monkeypox infection is JYNNEOS which has been licensed by the U.S. Food and Drug Administration (FDA) and is currently available for people who have been exposed to monkeypox or at very high risk of exposure.