

Monkeypox

1. What is monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus. It does not occur naturally in the US. However, multiple cases of monkeypox have recently been reported in several countries that don't normally report monkeypox, including LA County.

2. How does monkeypox spread?

Monkeypox spreads when a person comes into contact with an animal or human with the virus. It can spread through contact with body fluids and monkeypox sores, items that have been contaminated with fluids or sores (clothing, bedding, etc.), sexual contact, or through respiratory droplets following prolonged face-to-face contact. Transmission may occur during sex through skin-to-skin and other intimate contact.

3. What are the signs of monkeypox?

Early signs may include fever, malaise (a general feeling of discomfort), headache, swollen lymph nodes, and sometimes cough or sore throat. Other symptoms include muscle aches, backache, chills, and exhaustion, followed by a rash that typically begins on the face and spreads to other parts of the body. Infections can last two to four weeks. And some just develop a rash with or without swollen lymph nodes, which can occur on the genitals.

4. How is it treated?

At this time, there are no specific treatments available for monkeypox infections. Medication may be used to ease the symptoms of illness. In some cases, vaccine can be given to prevent the disease after a high-risk exposure to the virus.

5. How can you prevent monkeypox?

Steps to help prevent monkeypox include:

- Avoid contact with materials, like bedding and clothing, that has been in contact with a sick animal or person infected with this virus
- Avoid contact with people who are or may be sick with the virus
- Avoid contact with animals that could have the virus (such as animals that are sick or that have been found dead)
- Wash hands with soap and water or use an alcohol-based hand sanitizer after contact with infected animals or humans.

There is no specific treatment approved for this virus, but medication can be given to ease the symptoms. However, there is a vaccine that can be used, under certain circumstances, to prevent monkeypox in people based on their level of exposure to this virus.

6. What is happening now with monkeypox?

Currently, there is an international outbreak occurring that is not associated with animals or travel to an area where this disease is more common. Multiple areas in the US have identified cases including cases identified in California. The Los Angeles County Department of Public Health is monitoring this situation and alerting healthcare providers and CDC is tracking clusters of cases. For the most current updates of monkeypox in LA County, please view:

ph.lacounty.gov/media/Monkeypox/

7. What should I do if I think I may have monkeypox?

Please contact your healthcare provider if you believe you have signs or symptoms of monkeypox.

8. How do I get tested for monkeypox?

Please contact your healthcare provider if you think you are infected with monkeypox virus. Call 2-1-1 if you do not have health insurance or a medical provider. You can also visit any [Public Health Sexual Health Clinic](#).



Key Messages:

- Monkeypox does not spread easily from person to person.
- There is currently no specific treatment approved for monkeypox virus infection, but some medications may be used to ease the symptoms.
- To help prevent monkeypox avoid contact with animals or people that could have the virus, avoid contact with materials that have been in contact with a sick animal or person, and practice good hand hygiene after contact with infected animals or people.

Where can the public go for more information?

**Los Angeles County,
Department of Public Health
Monkeypox**
[publichealth.lacounty.gov/acd/
Monkeypox.htm](http://publichealth.lacounty.gov/acd/Monkeypox.htm)

**Centers for Disease Control
and Prevention
Monkeypox**
[cdc.gov/poxvirus/monkeypox/
index.html](http://cdc.gov/poxvirus/monkeypox/index.html)