



## Patient Information: Monkeypox

Monkeypox is caused by infection with the Monkeypox virus. The Monkeypox virus is part of the same family of viruses as smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder; and Monkeypox is rarely fatal. Monkeypox is *not* related to chickenpox.

### Symptoms can include:

- Flu-like symptoms, such as fever, headache, muscle aches, backache, swollen lymph nodes, chills, fatigue, or sore throat.
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus. The rash goes through different stages before healing completely. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

Monkeypox can spread from the time symptoms start until the rash has fully healed. The illness typically lasts 2-4 weeks. **It can spread from person-to-person through:**

- Direct contact with the infectious rash, scabs, or body fluids
- Respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex
- Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids

**If you have suspected or confirmed Monkeypox, you should isolate at home until the rash has fully resolved and the scabs have fallen off.** You should limit exposure to others and limit contamination within the household. Covering your rash, wearing a facemask, and good hand hygiene are essential for infection control.

As of now, **only our state health department has testing for Monkeypox.** If you or your healthcare provider are concerned about Monkeypox, then please contact your local health department for testing questions and arrangements:

- Ada County: Central District Health, 208-375-5211
- Canyon County: Southwest District Health, 208-455-5300
- Elmore County: 208 587-4407
- Valley County: 208 634-7194

Note: Vaccination might be available for certain high-risk people with symptoms or exposures. The health department can determine if you qualify and can arrange for your vaccination if needed.

*Adapted from the CDC 7/15/22*