

A microscopic view of several monkeypox virus particles. The particles are roughly spherical, with a reddish-orange outer shell and a lighter, yellowish-orange inner core. They are covered in numerous small, green, spike-like projections. The background is a dark blue, slightly textured surface.

MONKEYPOX

Updated August 4, 2022

What is Monkeypox

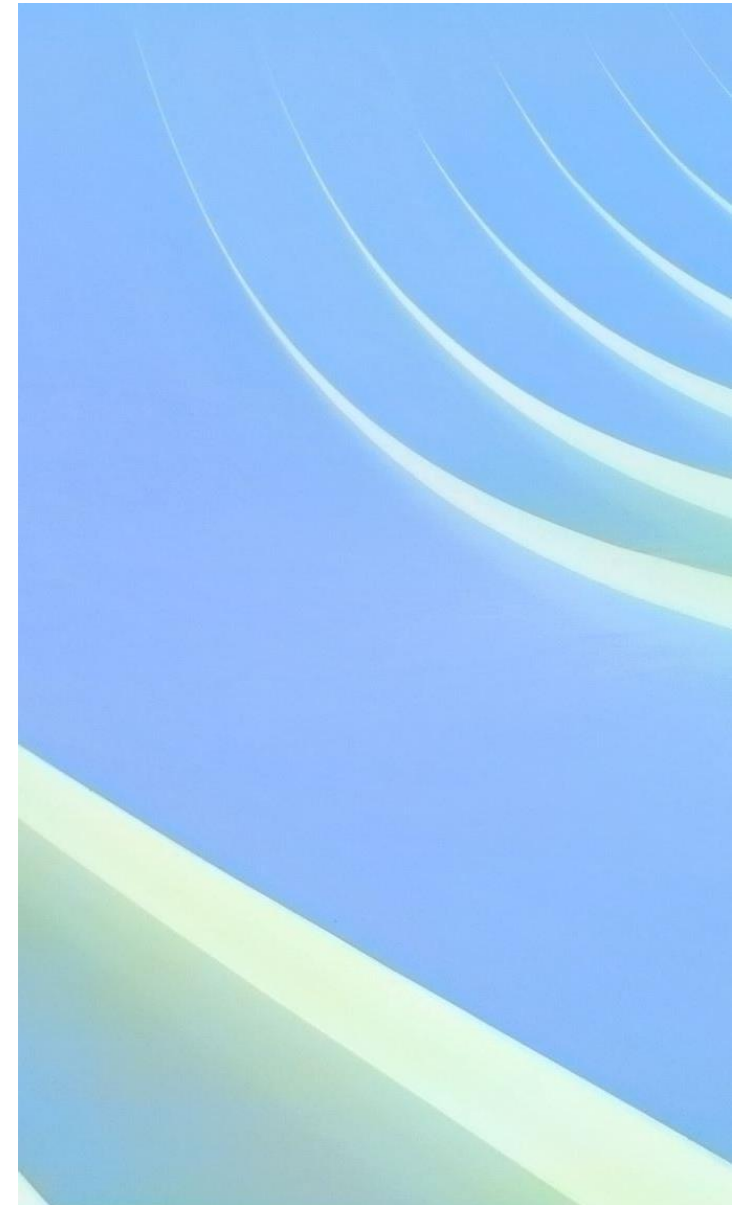
Monkeypox is a rare disease caused by infection with the monkeypox virus.

Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox.

Monkeypox symptoms are like smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

The current strand of Monkeypox in the United States is the West African type, which is less severe.

98% of people who are infected with this virus survive.



Connecticut Statistics as of 8-4-22

- Connecticut
 - CDC has reported Connecticut has 39 cases. As of August 4, 2022.
 - Monkeypox can infect anyone, but the majority of cases in the US outbreak have been among men who have sex with men, including gay and bisexual men and people who identify as transgender.
 - Close contact with an infected individual is required for the spread of the monkeypox virus, experts say.

Monkeypox spreads in different ways.

The virus can spread from person-to-person through direct contact with the infectious rash, scabs, or body fluids.

It also can be spread by respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex.

In addition, pregnant people can spread the virus to their fetus through the placenta. (2 cases have been spread this way)

Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids.

It's also possible for people to get monkeypox from infected animals, either by being scratched or bitten by the animal or by eating meat or using products from an infected animal.

MONKEYPOX SYMPTOMS

SOURCE: CDC



- **Fever**
- **Headache**
- **Muscle aches & backache**
- **Swollen lymph nodes**
- **Chills**
- **Exhaustion**
- **Rash that can look like pimples or blisters**

MONKEYPOX

VISUAL EXAMPLES OF MONKEYPOX RASH



Photo Credit: NHS England High Consequence Infectious Diseases Network



What to do if you think you have been exposed to Monkeypox

Avoid	Avoid close contact (including intimate physical contact) with others until a healthcare provider examines you.
Avoid	Avoid close contact with pets or other animals until a healthcare provider examines you.
Follow	If you're waiting for test results, follow the same precautions.
Stay	If your test result is positive, stay isolated until your rash has healed, all scabs have fallen off, and a fresh layer of intact skin has formed.

Close Contact Recommendations

- If a resident is identified as a [contact](#) of a monkeypox case, the local health department will reach out to the case.
 - Contacts undergo 21 days of monitoring from their last contact with a case. The local health department may be the first to reach out to the contact, but the local health department will continue monitoring until the 21-day period is over.
 - [Asymptomatic](#) contacts are **not** required to quarantine and may continue most normal daily activities.
 - Persons with high-risk exposures should not travel by plane or other public transport.
 - Monitoring might take different forms, like calls or texts, and might have different frequencies (e.g., daily, every other day, weekly, etc.) based on how risky the exposure was.
 - Their Healthcare Provider will determine if [post-exposure prophylaxis](#) is needed based on the person's [high or intermediate level of exposure](#) to the monkeypox virus.

Positive for Monkeypox

- If a resident **tests positive** for Monkeypox, the local health department will be called and involved in discussions regarding contact tracing and monitoring
 - Patients who are clinically well may isolate at home. CDC has [infection control recommendations](#) to prevent spread to family members, and [interim guidance](#) on disinfection in non-healthcare settings.
 - The patient must isolate until their lesions heal and new skin forms, at which time they are no longer infectious. Typically, monkeypox resolves in 2–4 weeks.
 - People with severe disease or who are at risk for severe disease may receive antiviral treatment. Any requests for treatment must come be approved
 - Patients who test positive will be interviewed using a CDC questionnaire by their local health department.

REDUCING STIGMA

- Promote messaging that provides information on what monkeypox is and how it can spread and encourages seeking health care if experiencing monkeypox-like symptoms.

- Emphasize that anyone can get monkeypox and promote it as a public health concern for all.

Focusing on cases among gay and bisexual men may inadvertently stigmatize this population and create a false sense of safety among those who are not gay and bisexual men.

Should people be concerned about going to crowded events?

- People can get monkeypox if they have close, skin-to-skin contact with someone who has monkeypox.
- Early indications are that events with activities in which people engage in close, sustained skin-to-skin contact have resulted in cases of monkeypox.
- If you plan to attend an event, consider how much close, personal, skin-to-skin contact is likely to occur there.



PREVENTION

Clean &
Disinfect your
home.

Washing your
hands properly.

Limited your
number of
sexual partners.

Have safe sex

Do not share
linens or
personal items.

Avoid clubs,
raves, or very
crowded areas.

MONKEYPOX 101

LET'S STAY SAFE THIS SUMMER

01



Monkeypox virus is related to the smallpox virus.

Monkeypox symptoms are similar to smallpox, but milder and rarely fatal.

02

Monkeypox Symptoms Include:

Fever | Headache | Muscle Aches
Backache | Swollen Lymph Nodes
Chills | Exhaustion
and a Rash that can look like
Pimples or Blisters

03

Monkeypox Rash

The monkeypox rash can appear anywhere on the body including mouth, genitals and anus. The rash will blister, scab, and fall off over a two – four week period. The person is contagious until the rash has fully healed and a fresh layer of skin has formed.



04



MONKEYPOX SPREADS THROUGH PHYSICAL CONTACT WITH:

- Infectious rash, scabs, or body fluids
- Personal belongings (like clothing) that have made contact with sores
- Respiratory droplets

Pregnant people can spread the virus to their fetus through the placenta.

05



HAVE SYMPTOMS?
HERE'S WHAT TO DO:

- Call a Healthcare provider immediately about getting tested!
- Isolate at home
- Avoid any close physical contact
- Wear a mask when around others



VISIT [CDC.GOV/POXVIRUS/MONKEYPOX](https://www.cdc.gov/poxvirus/monkeypox)
FOR MORE INFORMATION

