



Monkeypox Basics

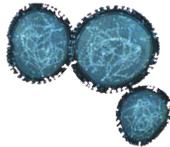
Developed by ASGCC

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CURIOUS ABOUT MONKEYPOX?

On May 18, **Massachusetts Department of Public Health** (DPH) reported that a state resident tested positive for monkeypox after returning from Canada. Since early May, global public health authorities have identified multiple clusters of monkeypox in several countries that do not typically report monkeypox.



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WHAT IS MONKEYPOX?

Monkeypox is a rare disease that is caused by infection with monkeypox virus. Monkeypox virus belongs to the Orthopoxvirus genus in the family Poxviridae. The Orthopoxvirus genus also includes variola virus (which causes smallpox), vaccinia virus (used in the smallpox vaccine), and cowpox virus.



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COMMON SYMPTOMS

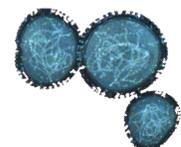
Monkeypox symptoms involve a characteristic rash. The rash is typically preceded by fever/chills, swollen lymph nodes, and other non-specific symptoms such as malaise, headache, and muscle aches following an average incubation period of up to 21 days (typically 6-16 days). Some recent cases have begun with characteristic lesions in the genital/perianal region, and in the absence of fever and other symptoms.



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HOW IS IT TRANSMITTED?

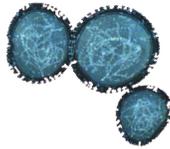
The virus does not spread easily between people. Transmission can occur through direct contact with body fluids and monkeypox sores, or indirect contact with fomites (items that have been contaminated with the virus such as clothing, bedding, etc.), or through large respiratory droplets following prolonged face-to-face contact.



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CAN I GET IT FROM SEX?

The monkeypox virus can be transmitted through close, personal, often skin-to-skin contact. Such contact can happen during intimate sexual contact. So, if you're close enough to have sex, there's a possibility of contracting the virus or passing it along. And if you're concerned that you have symptoms, consider waiting until you're feeling better before having sex and see your healthcare provider.



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TREATMENT

Many individuals infected with monkeypox virus have a mild, self-limiting disease course in the absence of specific therapy. However, the prognosis for monkeypox depends on multiple factors such as previous vaccination status, initial health status, concurrent illnesses, and comorbidities among others.



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WHEN TO SEEK HELP

People who may have symptoms of monkeypox should contact their healthcare provider. This includes anyone who, in the last 30 days:

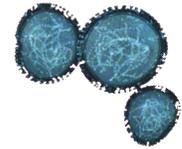
1. traveled to a country where there is a current outbreak of monkeypox; **OR**
2. reports close contact with a person or people with confirmed or suspected monkeypox; **OR**
3. is a man (assigned male sex at birth or identifies as male) who regularly has proximate physical, sexual, or other close contact with other men.



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CAN I GET VACCINATED?

Vaccination is not currently recommended for the general public. Because monkeypox virus is closely related to the virus that causes smallpox, the smallpox vaccine can protect people from getting monkeypox. Recent CDC recommendations on an approved smallpox vaccine limit its use to clinical laboratory personnel who work closely with viruses such as monkeypox.



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SHOULD I BE CONCERNED?

Don't panic, but be vigilant. All things considered, monkeypox is a rare virus and isn't severe in most cases. Stay alert to possible symptoms and tell your doctor or local public health unit about any symptoms you have. By staying aware and informed, you can help slow its spread. As with any infectious disease, we need to be mindful for ourselves as well as others in the community. Even if you might have a mild case, other people with compromised immune systems could get seriously sick.



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SOURCES

Slides 1, 8: Provincetown Health Department (accessed 2/27/2022) <https://www.provincetown-ma.gov/1420/Monkeypox-Information>
Slide 2: Centers for Disease Control & Prevention (accessed 5/27/22) <https://www.cdc.gov/poxvirus/monkeypox/about.html>
Slides 3, 4, 7: Massachusetts DPH (published 5/20/22) <https://www.mass.gov/doc/clinical-and-laboratory-testing-guidance-for-monkeypox>
Slide 5: Centers for Disease Control & Prevention (accessed 5/27/22) <https://www.cdc.gov/poxvirus/monkeypox/pdf/MonkeyPox-sexually-active-InfoSheet-508.pdf>
Slide 6: Centers for Disease Control & Prevention (accessed 5/27/22) <https://www.cdc.gov/poxvirus/monkeypox/treatment.html>
Slide 8: Centers for Disease Control & Prevention (accessed 5/27/22) <https://www.cdc.gov/poxvirus/monkeypox/clinicians/smallpox-vaccine.html> and <https://www.cdc.gov/mmwr/volumes/71/wr/mm7122e1.htm>
Slides 5, 9: Gay Men's Sexual Health Alliance (GMSH) (accessed 5/27/22) <https://www.instagram.com/p/Cdy5v45J3z-/>



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