

WHAT YOU SHOULD KNOW ABOUT MONKEYPOX IN LA COUNTY



Monkeypox is a contagious disease caused by the monkeypox virus. Anyone who has been in close, personal contact with someone who has monkeypox is at risk.

WHAT ARE THE SYMPTOMS OF MONKEYPOX?

KEY SYMPTOM

RASH



The rash may:

- Look like bumps, pimples, blisters, sores, or scabs
- Be anywhere on the body including on the genitals, anus, mouth, hands, and face.
- Be in just one area or may spread over the body.
- Be itchy or painful (especially if inside the mouth or anus).

OTHER SYMPTOMS

FLU-LIKE SYMPTOMS



Fever/chills



Exhaustion,
muscle aches,
and headache



Swollen
lymph nodes

- Flu-like symptoms can appear 1-4 days before the rash starts or after the rash starts.
- Not everyone will get these symptoms.

Symptoms usually start 5-21 days after exposure

HOW IS MONKEYPOX SPREAD?

Monkeypox is known to spread by close, intimate and/or prolonged contact, including:

- Direct skin-to-skin contact with the rash, scabs, or body fluids from a person with monkeypox
- Contact with objects and fabrics that have been used by someone with monkeypox
- Contact with respiratory secretions from someone with monkeypox

This can happen from:

- Sex and other intimate contact, including kissing, massaging, cuddling
- Sharing fabrics and objects (such as clothes, bedding, towels, sex toys) that have not been cleaned
- Prolonged, close, face-to-face contact such as talking very closely face to face for a long time (about 3 hours or more)
- Living in a house, sharing a bed, or caring for someone with monkeypox

A person with monkeypox can spread it to others from the time symptoms start until the rash has healed, scabs have fallen off, and there is a new layer of skin. This usually takes 2 to 4 weeks.

A pregnant person with monkeypox can spread the virus to their fetus through the placenta.

Monkeypox is NOT spread through casual conversations or by walking by someone who has it.

For more information on Monkeypox, visit:

ph.lacounty.gov/Monkeypox 8/25/2022



COUNTY OF LOS ANGELES
Public Health

Scientists are still researching more about how monkeypox is spread, including:

- If the virus can be spread when someone does not have symptoms,
- How often it spreads through respiratory secretions, and
- Any other types of interactions or behaviors that may put people at higher risk

HOW TO AVOID GETTING MONKEYPOX

1 Avoid skin-to-skin or prolonged close contact with someone with monkeypox symptoms

- Do not directly touch the rash or scabs on their body.
- Do not kiss, hug, cuddle or have sex (oral, anal, vaginal) with them.

2 Avoid touching uncleaned objects and materials that have been used by someone with monkeypox symptoms.

- Do not share a bed, towels, clothing, or blankets unless they have been washed.

3 Wash your hands often.

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer. This is especially important before eating and after you use the bathroom. Avoid touching your face with unwashed hands.

4 Get vaccinated if you are eligible.

- People at high risk of monkeypox can get vaccinated to help lower the risk of getting infected. The vaccine can also be given to people who have been exposed to someone with monkeypox to help to prevent monkeypox or make it less severe. To learn more, talk to your doctor or visit ph.lacounty.gov/monkeypox.

TREATMENT

Many people with monkeypox have mild illness and recover without any antiviral treatment. An antiviral medicine called tecovirimat (or TPOXX) can be given to people with severe monkeypox, including lesions in sensitive areas or pain that is not controlled with over-the-counter remedies. It can also be given to people who are more likely to get severely ill.

OTHER WAYS TO LOWER YOUR RISK during sex and social gatherings

- Talk to sexual partner(s) about any recent illness and new or unexplained sores/rashes including on the genitals or anus. Avoid sex or skin-to-skin contact if either partner has signs of or has been diagnosed with monkeypox.
- Don't share unwashed utensils or cups, towels, bedding, or clothing.
- Use a condom. Condoms alone are likely not enough to prevent monkeypox. But they might reduce the risk, and may help prevent sores in sensitive areas, like the anus, mouth, or genitals.
- Reduce the number of sex partners.
- Avoid riskier activities such as anonymous sex and sex parties.
- Avoid going to places where people wear minimal clothing and where there is direct, intimate, skin-to-skin contact.
- Cover exposed skin in crowds.

CONTACT YOUR DOCTOR right away if you have a new, unexplained, rash or lesions on any part of your body. This is especially important if you were exposed to someone with or suspected to have monkeypox.



Scan QR code to find a location

IF YOU DON'T HAVE A DOCTOR:

- **Call the Public Health Call Center at 1-833-540-0473 (7 days a week 8am - 8:30pm), or**
- **Visit a Public Health Sexual Health Clinic near you.**

