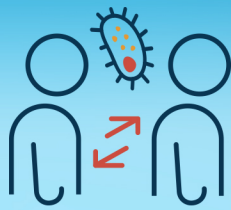


5 MONKEYPOX QUESTIONS Answered

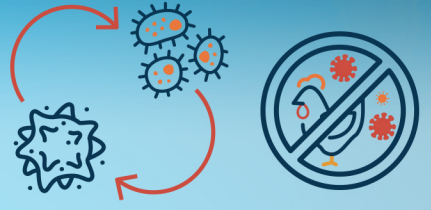
1 WHAT IS MONKEYPOX?



It's a contagious disease that causes painful skin rashes and sores.



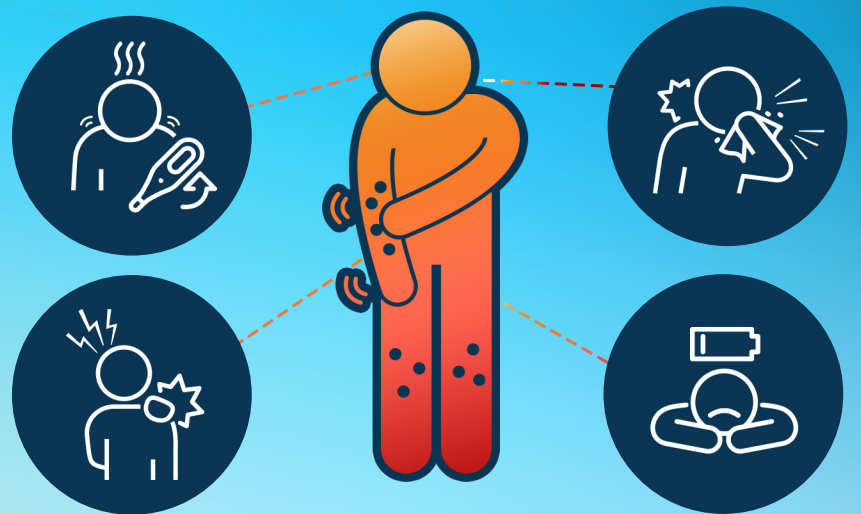
It is caused by a virus and can spread to anyone.



It's related to smallpox, but *not* to chickenpox.

2 WHAT ARE THE SYMPTOMS?

- ! A painful, itchy, blistery rash that can appear anywhere on the body
- ! Flu-like symptoms (for some people): fever, chills, tiredness, muscle aches, headache, sore throat, stuffy nose, and cough



3 HOW DOES IT SPREAD?

Monkeypox can spread from the time symptoms start until the rash heals (usually 2 to 4 weeks).



The virus spreads by:

DIRECT CONTACT
(skin-to-skin, face-to-face, or by body fluids) with someone who is infected

CONTACT WITH:
bedding, clothes, fabrics, or other things an infected person has used

4 HOW CAN I AVOID IT?



GET THE VACCINE if you have sexual partners where monkeypox is spreading or if your job raises your risk of exposure.



AVOID EXPOSURE: Don't hug, kiss, cuddle, or have sex with someone who is infected.



BEWARE OF CROWDED SPACES like bars, concerts, and festivals.



DISINFECT clothes, bedding, and other things that may be contaminated.

5 WHAT SHOULD I DO IF I THINK I HAVE IT?

- ➔ **CALL YOUR DOCTOR** if you have an unexplained rash or flu-like symptoms, or if you know you were exposed.
- ➔ **GET TESTED** and follow your doctor's advice.



Register today for more health resources.

Already registered?
Log in now: rewardsforhealthyliving.com

Still need to sign up?
Go to rewardsforhealthyliving.com
and follow the instructions.