



CALHOUN COUNTY
Public Health Department

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Fact Sheet

Mpox (Monkeypox)

What is mpox (monkeypox)?

Monkeypox, whose name is transitioning to mpox, is a rare disease caused by an infection with the monkeypox virus. The mpox virus is a part of the same family of viruses as variola virus, the virus that causes smallpox.

Monkeypox was discovered in 1958 when two colonies of monkeys developed a pox-like disease. Despite being named monkeypox, the source of the disease is unknown. The first human case was recorded in the Democratic Republic of the Congo in 1970. Before the 2022 outbreak, the disease was contained in several central and western African countries. Cases outside of Africa were linked to international travel.

How does mpox spread?

Mpox can be spread through person-to-person contact with an infectious rash, scabs, or bodily fluids. The disease can spread from the time symptoms start until the rash is fully healed and a new layer of skin has formed.

Mpox can be spread by respiratory secretions during prolonged, face-to-face contact or 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 is another way mpox can spread. It's also possible for people to get mpox from infected animals, either by being scratched or bitten by the animal or by eating meat or using products from an infected animal.

Contact your healthcare provider if you think you have been exposed to mpox or at high risk for exposure.

What are the symptoms of mpox?

Symptoms typically appear one to two weeks after infection. Some individuals may experience multiple symptoms and others may only experience a rash.

Common symptoms of mpox include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- A rash that can appear as a pimple or blister on the face, inside of mouth, hands, feet, chest, genitals, or anus

How is mpox diagnosed?

Individuals who think they have mpox or have had close personal contact with someone who has mpox should visit a healthcare provider to help them decide if testing is appropriate. If testing is indicated, your healthcare provider will work with you to collect the specimens and send them to a laboratory for testing.

How can mpox be prevented?

People should take the following steps to prevent getting mpox:

- Avoid close, skin-to-skin contact with people who have a rash that looks like mpox.
- Do not touch the rash or scabs of the person with mpox.
- Do not kiss, hug, cuddle or have sex with someone with mpox.
- Do not share eating utensils or cups with a person with mpox.
- Do not handle or touch the bedding, towels, or clothing of a person with mpox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- In Central and West Africa, avoid contact with animals that can spread the mpox virus, usually rodents and primates. Also, avoid sick or dead animals, as well as bedding or other materials they have touched.

If you are sick with mpox:

- Isolate at home
- If you have an active rash or other symptoms, stay in a separate room or area away from people or pets you live with, when possible.

What treatments are available for mpox?

There are currently no specific treatment methods for mpox. However, some antiviral drugs used to treat smallpox may be used to treat mpox infection.

Who should get vaccinated?

The U.S. government has two stockpiled vaccines—JYNNEOS and ACAM2000—that can prevent mpox in people who are exposed to the virus. Vaccines may be recommended for people who have had or may have contact with someone who has mpox, or for healthcare and public health workers who may be exposed to the virus.

Contact your healthcare provider if you think you have been exposed to mpox or are at high risk for exposure.

How do I get more information on mpox?

Calhoun County Public Health Department

Phone: 269-969-6383

 www.facebook.com/CCPublicHealthDepartment/

Centers for Disease Control and Prevention

Phone: 800-232-4636 (800-CDC-INFO)

Website: <https://www.cdc.gov/poxvirus/monkeypox/index.html>

Spanish: <https://www.cdc.gov/Spanish/monkeypox/>

Mpox

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