

ANYONE CAN GET MONKEYPOX

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.

HOW MONKEYPOX IS 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.

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 UNCLEAN 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**
 - Use soap and water or an alcohol-based hand sanitizer.
- 4 GET VACCINATED IF YOU ARE ELIGIBLE**
 - People at high risk of monkeypox can get vaccinated to help lower the risk of getting infected.

For more information on Monkeypox, visit:

ph.lacounty.gov/Monkeypox 8/26/2022

