

What are the symptoms?

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g., sore throat, nasal congestion, cough)
- A rash that may be located on or near the genitals (penis, testicles, labia and vagina) or anus but could also be on other areas like the hands, feet, chest, face or mouth.

You may experience all or only a few symptoms.

- People can get the rash first, followed by other symptom, or only experience a rash.
- The rash normally starts one to two weeks after exposure, and other symptoms sometimes present before the rash,
- Most people with monkeypox will get a rash.

The rash can look like pimples or blisters and may have deep-seated lesions that are usually painful.

The rash goes through different stages before healing completely.

The illness typically lasts two to six weeks.

Questions or Concerns?

Medical Treatment & Questions

- Health Services
 - Please call for an appointment
 - Phone: (401) 454-6625
 - Hours: Monday-Friday, 8 am to 5 pm

Health Education, Questions, and Support

- Health Education + Promotion
 - Drop-in or by appointment
 - Phone: (401) 709-8637
 - Hours: Monday-Friday, 8:30 am to 4:30 pm

Mental and Psychological Health Treatment

- Counseling and Psychological Services (CAPS)
 - Please call for an appointment
 - Phone: 401 454-6637
 - Hours: Monday - Friday, 8:30 am to 4:30 pm

Emergency Response

- Public Safety
 - **Emergency Phone: (401) 454-6666**
 - **Hours: Open 24/7 (all day, every day)**

For further information or to voice concerns, please contact Health Services.

Sources: Center for Disease Control and World Health Organization



WHAT TO KNOW ABOUT MONKEYPOX

Prevention. Education.
Resources.



Health Education
& Promotion

What is monkeypox?

- Monkeypox is a disease caused by a viral infection.
- There are two known strains.
- Monkeypox is related to the Smallpox virus and presents similar symptoms.
- However, monkeypox symptoms are generally more mild than Smallpox.

How is monkeypox transmitted?

- person-to-person through direct prolonged, contact with the infectious rash, scabs, respiratory droplets or body fluids
- during prolonged, face-to-face contact and intimate contact such as kissing, cuddling or sex
- via skin contact with items that have come into contact with the virus (towels, clothes, sheets, etc.)
- pregnant people can transmit monkeypox through their placenta to their fetus
- being scratched or bitten by an infected animal or consuming meat or products from an infected animal

Monkeypox can be transmitted through sexual activity but it is not an STI/STD



How can people avoid monkeypox?

Avoid engaging in the following behaviors with someone who is suspected or confirmed to have monkeypox:

- close, prolonged skin-to-skin contact
- touching the rash or scabs
- kissing, hugging, cuddling or sexual activity
- contact with objects and materials that they used
- sharing eating utensils or cups.
- handling or touching their bedding, towels or clothing
- attending events, parties or large gatherings where you may have direct skin-to-skin contact with others (clubs, parties, bars, concerts, raves, etc.)

Practice the following behaviors to help limit your risk:

- wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom
- discuss recent medical history with all current and new sexual partners
- have open conversations with friends and family

High-risk individuals should get vaccinated (people who have been exposed to monkeypox, who recently had sex with someone diagnosed with monkeypox, those with multiple sex partners in the past two weeks, and people with jobs with probable exposure).

Please contact Health Services to learn more about your vaccine options.

What should I do if I think I have monkeypox?

- Students can contact Health Services.
- Employees can contact Human Resources.

I have monkeypox. How can I prevent transmission to others?

Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off and a fresh layer of skin has formed. The illness typically lasts two to four weeks.

During this time:

- avoid sharing linens, clothes, towels, bedding, utensils, plates, drinkware, sex toys or fetish gear, toothbrushes, etc. with others
- disinfect surfaces after use
- avoid kissing, cuddling, hugging and other close and/or face-to-face intimate activities
- avoid engaging in sexual activity; Condoms, dental dams, gloves and other barrier methods that prevent STI/STDs are not sufficient to protect against monkeypox

To help prevent further spread, please:

- wear a mask when around other people
- disinfect surfaces and items after use
- if you have a rash, cover it to prevent contact with others

MYTH

MONKEYPOX IS A SEXUALLY TRANSMITTED INFECTION (STI/STD)

Monkeypox is not an STI/STD, but it can be transmitted during sex and sexual interactions due to the skin-to-skin, face-to-face and close contact that occurs during sexual activity.

Scientists are still studying the virus to learn if it can be spread through semen, vaginal fluids, urine or feces.

If you or one of your sexual partners has monkeypox, refraining from in-person sexual activity is one important step in limiting your chances of spreading the virus.

FACT

MYTH

MONKEYPOX CAN ONLY BE
TRANSMITTED SEXUALLY IF YOU
ARE GAY OR QUEER

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact. Another way it can be spread is through contact with another person's respiratory secretions (saliva, mucus, coughing, sneezing, etc.).

If you have skin and have monkeypox you can transmit monkeypox to others.

Anyone of any gender and sexual orientation can transmit monkeypox to anyone else during any form of close, personal contact.

FACT

MYTH

ONLY CERTAIN PEOPLE CAN GET MONKEYPOX

Anyone can get monkeypox if they have close, personal contact with someone who has monkeypox.

While the cases of monkeypox in the United States have been more present in specific communities, that is a correlation not a causation. Similarly, no one group of people of specific national origins or ethnic backgrounds is more prone to contract or transmit monkeypox.

FACT

MYTH

MONKEYPOX IS A NEW VIRUS

Monkeypox was first discovered in 1958 with two outbreaks of pox-like disease in monkeys. The first human case of monkeypox was in 1970.

Monkeypox virus is part of the same family of viruses as the smallpox virus, the orthopox family. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

FACT

MYTH

MONKEYPOX IS FATAL

The monkeypox infection present in this outbreak is rarely fatal.

Over 99% of people who get this form of the disease are likely to survive.

People who are immunocompromised, have a history of eczema, are younger than eight, or are pregnant may be at risk for a more severe infection and should consult their medical providers.

While not fatal in most cases, a monkeypox infection can be extremely painful.

FACT

WHAT OTHER QUESTIONS DO YOU HAVE ABOUT MONKEYPOX?

Submit them here and we will
provide you with answers.

