

## What is happening now with monkeypox?

Since May 13, 2022, a multi-country monkeypox outbreak in countries where it is not normally found had been reported. Recent cases have reported no association with infected animals or travel to an area where this disease is more common. Multiple areas in the US have identified cases including cases identified in California.

**IF YOU THINK YOU MAY HAVE MONKEYPOX, PLEASE CONTACT YOUR HEALTHCARE PROVIDER.**



**IF YOU DON'T HAVE A PROVIDER OR HEALTH INSURANCE, CALL 2-1-1 OR VISIT A PUBLIC HEALTH SEXUAL HEALTH CLINIC NEAR YOU.**

**SCAN HERE TO FIND A SEXUAL HEALTH CLINIC**



**For more information on Monkeypox, visit:** [ph.lacounty.gov/media/Monkeypox/](https://ph.lacounty.gov/media/Monkeypox/)  
6/30/2022

# WHAT YOU SHOULD KNOW ABOUT MONKEYPOX IN LA COUNTY



**COUNTY OF LOS ANGELES**  
**Public Health**

## Key Messages

- Monkeypox does not spread easily from person to person.
- There is currently no specific approved treatment for monkeypox virus infection, but some medications may be used to ease the symptoms.
- To help prevent monkeypox avoid contact with people that could have the monkeypox virus, avoid contact with materials that have been in contact with a sick person, and practice good hand hygiene after contact with infected animals or people.

## What is monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus that can make you sick. It is usually found outside the US, however, multiple cases of monkeypox have recently been reported in California and Los Angeles County.



## How is monkeypox spread?

Monkeypox can spread when a person has close contact with a person infected with monkeypox virus or when a person comes in contact with materials (e.g., bedding, towels) that are contaminated with the virus. The monkeypox virus can also spread from animals to people.

### The monkeypox virus can spread by:

- Touching monkeypox lesions on a person's skin
- Touching contaminated objects, fabrics (clothing, bedding, towels), and surfaces that have been in contact with someone with monkeypox
- Coming into contact with respiratory droplets or secretions from the eyes, nose and mouth from a person with monkeypox

### To prevent the spread of the monkeypox virus, persons should avoid:

- Oral, anal, and vaginal sex, or touching the genitals or anus of someone with monkeypox
- Hugging, massaging, kissing, or talking closely with someone with monkeypox
- Touching shared fabrics, shared surfaces, and objects (e.g. sex toys) used by someone with monkeypox

### What are the signs of monkeypox?

Early signs may include fever, malaise (a general feeling of discomfort), headache, swollen lymph nodes, and sometimes cough or sore throat. Other symptoms include muscle aches, backache, chills, and exhaustion, followed by a rash that typically begins on the face and spreads to other parts of the body. Infections can last two to four weeks. And some just develop a rash with or without swollen lymph nodes, which can occur on the genitals.



Fever & Headaches



Muscle Aches



Rash, Bumps,  
Or Blisters



Swollen Lymph  
Nodes



### TREATMENT AND VACCINATION:

At this time, there are no specific approved treatments for monkeypox infections. However, medication, such as antivirals, may be used to ease the symptoms of illness. In some cases, vaccine can be given to prevent the disease after exposure to the monkeypox virus. Please discuss available treatment options with your healthcare provider.