



MONKEYPOX

Monkeypox is a rare viral disease, caused by the monkeypox virus, genus *Orthopoxvirus*, that is usually found in Central and West Africa. It is a zoonotic disease, meaning it can be passed from animals such as monkeys, squirrels and rats to humans. It is in a group of viruses that are related to smallpox and cowpox viruses, but is NOT closely related to the chickenpox virus.

It was introduced into the United States from individuals that traveled outside the United States. Symptoms of monkeypox include fever, swollen lymph nodes, headache, sore throat, muscle and back aches, chills, exhaustion and a rash. The rash goes through several stages including fluid and pus-filled pustules that eventually get crusty, scab over and fall off.

It takes an average of 5-13 days after exposure to the virus for symptoms to appear, but it can take as long as 21 days. Once symptoms appear the illness can last between 2 to 4 weeks. In severe cases it may last longer.

Monkeypox is spread by direct, personal, often skin-to-skin contact including: direct contact with monkeypox rash, sores or scabs; contact with objects, fabric (clothing, bedding, or towels) and surfaces that have been used by an individual with monkeypox. It is also spread through respiratory droplets during prolonged face-to-face contact or saliva from a person with monkeypox.

Currently, there is no cure for monkeypox. However, there is a vaccine available that can help protect against monkeypox in individuals who are at high risk of developing the disease after exposure. The monkeypox vaccine can only be obtained through the Oklahoma State Department of Health.

Based on information available at this time, risk to the public appears low. Individuals who may have symptoms of monkeypox, such as characteristic rashes or lesions, should contact their healthcare provider for assessment. This includes anyone who 1) traveled to countries where monkeypox has been reported 2) reports contact with a person who has a similar rash or received a diagnosis of confirmed or suspected monkeypox, or 3) is a man who has had close or intimate in-person contact with other men.

If you feel that you have been exposed, have a new or unexplained rash, sores or other symptoms consistent with monkeypox, please see your healthcare provider or contact the State Health Department at (405) 426-8710.

For information or questions about where to get the vaccine or to find out if you qualify, please call 211, option 8.

[CDC Monkeypox](#)

[Oklahoma State Department of Health: Monkeypox](#)

[World Health Organization](#)

[Monkeypox Flyer](#)