



Monkeypox

What you need to know.

What is monkeypox?

Monkeypox is a viral disease caused by the monkeypox virus. Monkeypox is a member of the Orthopoxvirus genus (ortho - mouth & pox - skin pustules) and is a zoonotic disease meaning that it can be passed from animals to humans. It is usually found in Central and West Africa. It is related to a group of viruses such as the smallpox virus (Variola) and the cowpox virus.

Is monkeypox the same as chickenpox?

The monkeypox virus is not closely related to the chickenpox virus.

What are the symptoms of monkeypox?

Typically, a rash will develop and go through several stages, including a stage of fluid and pus-filled blisters that eventually get crusty, scab over and fall off. Photos of monkeypox rash can be found [here](#).

Monkeypox may also cause fever and swollen lymph nodes. Headache, sore throat, muscle and backache, chills and exhaustion can also be present.

How soon after exposure to the virus do you get sick?

On average it takes 5 to 13 days after exposure for symptoms to start, but could take as long as 21 days.

Who is at most risk for experiencing serious complications of monkeypox?

Newborns, young children, pregnant and breastfeeding women, people with some skin conditions, and people with underlying immune deficiencies are at most risk.

How long does monkeypox last?

Symptoms usually last between 2 to 4 weeks. Severe cases may last longer.

Is monkeypox a Sexually Transmitted Infection (STI)?

Monkeypox is mostly spread by close skin-to-skin contact. It is unknown if monkeypox can be transmitted through semen or vaginal fluids. However, the rash can look similar to symptoms of STIs such as herpes and syphilis and can be found on the mouth and genitals. Mouth-to-skin contact can spread monkeypox when blisters are present. Condoms may not prevent the spread of monkeypox.

What is my risk for contracting monkeypox?

At this time, unless you have had close, direct contact (such as skin-to-skin contact or lengthy face-to-face contact) with someone who has monkeypox your risk of contracting monkeypox is low. A person can become infected with the monkeypox virus by close contact with someone who is infected, including skin-to-skin contact and lengthy face-to-face contact. Touching body fluids like saliva and fluid or scabs from blisters of an infected person can cause infection. A person can also become infected by touching contaminated materials such as sheets, towels and clothing.

Is there a vaccine for monkeypox?

There is a vaccine available for release from the CDC that can help protect against monkeypox in individuals who are at high risk of developing disease after exposure.

What is Oklahoma's plan for the rollout of this vaccine?

OSDH is working with the CDC to receive doses of the JYNNEOS vaccine. Due to the JYNNEOS vaccine being a limited resource, CDC has calculated an allotment of vaccines for each state based on a set of criteria, including case counts and other population risk factors. Due to the limited supply of vaccine that Oklahoma can request at this time, we are prioritizing vaccine administration to the individuals based on CDC recommendations for individuals at highest risk for developing monkeypox. Oklahoma is requesting and administering vaccine in accordance to those recommendations.

Where can the public go to get this vaccine?

At this time, unfortunately, we are unable to provide the vaccine to the general population. Due to the vaccine being a limited resource nationwide, we are administering the vaccine to those who are considered to be at high risk for monkeypox after an exposure, which is in line with CDC guidance.

Can community partners order the monkeypox vaccine? How would they go about getting it?

Community partners are unable to order this vaccine directly, orders must be submitted to the CDC by OSDH. All vaccine that is in the U.S. is being managed by the CDC.

If a partner has an individual, who is possibly at high risk for developing monkeypox after an exposure, OSDH will work with that provider, to determine if vaccination with JYNNEOS is needed. If the conclusion is yes, OSDH will work to administer the vaccine to the individual.

Can you die from monkeypox?

In most cases, the symptoms of monkeypox go away after a few weeks, however, in some cases they can lead to medical complications and even death. Newborns, young children, pregnant women, people with some skin conditions, and people with immune deficiencies may be at a higher risk for severe symptoms.

Can monkeypox pass from a pregnant person to a newborn?

Yes. Monkeypox can pass to a baby through the placenta or right after birth during skin-to-skin contact.

What is the treatment for monkeypox?

Tecovirimat (TPOXX) is an FDA-approved drug to treat smallpox disease in adults and kids. But the use of this drug for other orthopoxviruses, including monkeypox, is not approved by the FDA. However, the CDC holds a non-research expanded access Investigational New Drug (EA_IND) protocol that allows for the use of tecovirimat for primary or early epidemic treatment of non-variola orthopoxvirus infections, including monkeypox, in adults and children of all ages. There is a limited supply of this drug, and doses must be requested from the CDC by OSDH. Individuals who may be eligible for this treatment, under strict CDC guidance, include:

- Those with severe disease (e.g., hemorrhagic disease, confluent lesions, sepsis, encephalitis, or other conditions requiring hospitalization)
- Individuals who are at high risk of severe disease:
 - People with immunocompromising conditions (e.g., HIV/AIDS, leukemia, lymphoma, generalized malignancy, solid organ transplantation, therapy with alkylating agents, antimetabolites, radiation, tumor necrosis factor inhibitors, high-dose corticosteroids, being a recipient with hematopoietic stem cell transplant <24 months post-transplant or ≥24 months but with graft-versus-host disease or disease relapse, or having autoimmune disease with immunodeficiency as a clinical component)
 - Pediatric populations, particularly patients younger than 8 years of age
 - Pregnant or breastfeeding women
 - People with a history or presence of atopic dermatitis, people with other active exfoliative skin conditions (e.g., eczema, burns, impetigo, varicella zoster virus infection, herpes simplex virus infection, severe acne, severe diaper dermatitis with extensive areas of denuded skin, psoriasis, or Darier disease [keratosis follicularis])
 - People with one or more complication (e.g., secondary bacterial skin infection; gastroenteritis with severe nausea/vomiting, diarrhea, or dehydration; bronchopneumonia; concurrent disease or other comorbidities).

What should I do if I think I have monkeypox?

If you think you have monkeypox contact your health care provider for advice, testing and medical care. Self-isolate away from others to protect them from infection. Cover all possible blisters (e.g., wearing clothing over the rash). Avoid touching your eyes, nose and mouth. Practice good hand hygiene after touching any blisters by washing with soap and water or using an alcohol-based sanitizer.

What should I do if I am caring for someone with monkeypox?

If you are caring for someone who is infected with monkeypox, the goal is to limit exposure. Use Personal Protective Equipment (PPE) such as wearing latex gloves and a mask. Cover all possible blisters. Practice good hand hygiene after contact with an infected person or anything

they may have touched by washing with soap and water or using an alcohol-based sanitizer. Contact your healthcare provider for advice, testing and medical care if you develop symptoms. Additional guidance can be here at this website:

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html>.

Is there monkeypox in the United States?

Prior to the 2022 international outbreak, infections of monkeypox in the U.S were very rare. Monkeypox does not occur naturally in the U.S. but cases have happened because of international travel or importing animals where the disease is more common. For more information, visit

<https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html>.