



WHAT YOU SHOULD KNOW ABOUT **MONKEYPOX** IN MARIN COUNTY



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 Marin County.

How is the Monkeypox virus 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

If you do come in contact with an infected person or animals, wash your hands with soap and water or use an alcohol-based hand sanitizer.

Signs of monkeypox



Fever & Headaches



Swollen Lymph Nodes



Muscle Aches



Rash, Bumps, Or Blisters

TREATMENT & 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.

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 contact Marin County Department of Public Health

<https://www.marinhhs.org/monkeypox>
(415) 473-4163

