

# MONKEYPOX: WHAT YOU NEED TO KNOW

## An outbreak of monkeypox is occurring in many countries:

- WHO has declared a public health emergency of international concern.
- Monkeypox is preventable. Most people recover fully, but some people can get seriously ill.
- Symptoms can be uncomfortable and painful.
- While monkeypox can affect anyone, most cases in this outbreak are among men who have sex with men
- What we know about the outbreak is changing fast – we are learning more every day

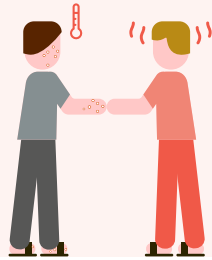
## Symptoms of monkeypox often include:

- Rash on face, hands, feet, body, perianal area or genitals
- Rash in mouth, throat, eyes, vagina and anus
- Fever
- Swollen lymph nodes
- Headaches
- Muscle and back aches
- Low energy
- Painful swelling inside your rectum (proctitis)
- Pain or difficulty when urinating



## You can catch monkeypox through close contact with someone who has symptoms including:

- Skin-to-skin (e.g., touching, anal and vaginal sex)
- Face-to-face (e.g., talking, singing, breathing)
- Mouth-to-skin (e.g., oral sex)
- Mouth-to-mouth (e.g., kissing)
- From contaminated bedding, towels, clothing, surfaces or objects



## Protect yourself from monkeypox:

- If someone you know is diagnosed with or has suspected monkeypox, avoid close contact with them
- Know the symptoms and check yourself regularly
- If you have symptoms, seek health advice and self-isolate while you wait to get tested
- Get vaccinated if it is available to you
- Follow advice to reduce the risk of infection if you live with someone who has monkeypox

## Monkeypox can spread through sex :

- People who have sex with multiple or new partners are most at risk
- Check yourself regularly for symptoms and ask partners to do the same
- If monkeypox is impacting your community, you can reduce your risk by reducing your number of sexual partners, waiting for a while before having sex with any new partners or taking a break from sex
- Have open, non-judgmental conversations. Swap contact details with sexual partners and agree to let each other know if you develop symptoms
- Condoms will prevent some STIs. They may also reduce your risk of exposure to monkeypox, but they will not prevent you becoming infected through close physical contact

## If you think you have monkeypox:

- Get advice from a health worker
- Get tested
- Isolate at home if your health worker recommends you do so
- Take care of your rash, physical and mental health
- Protect others by avoiding close contact with them
- If you are sharing a house with others while isolating, stay in separate rooms, frequently clean hands, clean/disinfect objects and surfaces often and open windows
- Avoid contact with your pets

**Stigmatising people because of a disease is never ok.**

**Anyone can get or pass on monkeypox.  
Together, we can end this outbreak.**