Central Connecticut Health District is the local health department serving the towns of Berlin, Newington, Rocky Hill & Wethersfield, CT.

For confidential assistance in finding a healthcare provider or for more information, please contact our public health nurse:

Lisa Coakley, RN
860-335-7158 (call or text)
LCoakley@ccthd.org

WHAT DO I NEED TO KNOW ABOUT MONKEYPOX?
WHAT IS MONKEYPOX?

Monkeypox is an infection caused by the monkeypox virus. It leads to rash and flu-like symptoms. Monkeypox can be spread to anyone through close contact.

HOW IS IT SPREAD?

- Direct skin-to-skin contact (including sexual intimacy) with the monkeypox rash, sores, or scabs
- Exposure to bodily fluids of someone infected with the monkeypox virus
- Contact with objects that have been used by someone with monkeypox (clothes, linens, surfaces)
- Exposure to respiratory droplets or oral fluids during prolonged face-to-face contact with someone with monkeypox

WHAT ARE THE SYMPTOMS?

- Fever
- Headache
- Muscle Aches
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus
- The length of illness ranges from 2-4 weeks.
- People with monkeypox should isolate until rash has fully resolved, the scabs have fallen off, and a fresh layer of intact skin has formed

WHAT SHOULD I DO?

Notify your health care provider if you have come into close contact with someone who has a new or unexplained rash.

If you start to have symptoms:

- Avoid close physical contact with others
- Wear a mask when around others
- Call your healthcare provider immediately about getting tested
- If you share your home with others and need to visit common areas, wear a mask, and thoroughly clean all surfaces you touch
- Isolate if possible and cover your lesions to avoid spread to others
- Guidance is updated regularly; please refer to our website below for the most current information

For more information please visit our monkeypox webhub at: www.ccthd.org/monkeypox

Updated 8/5/22