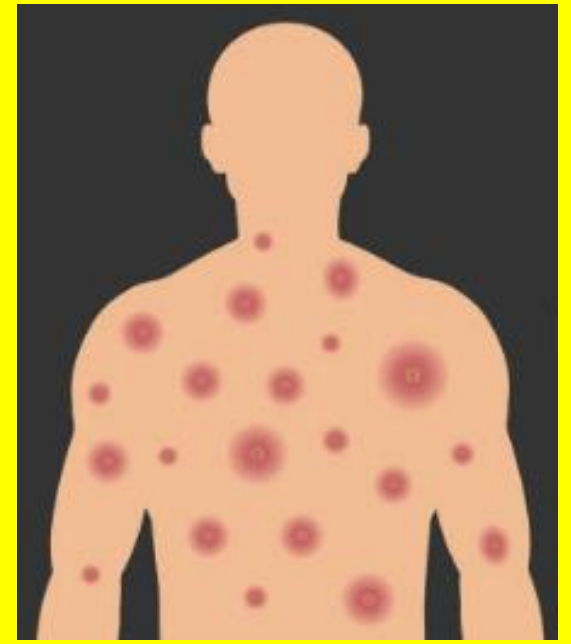


MONKEYPOX

What you need to know...



- A mild but painful viral illness for most people that usually gets better by itself in 2-4 weeks.
- Can be dangerous for people with weakened immune systems (like uncontrolled HIV), pregnant women, and young children.
- Spread by close contact (sex, body contact; shared bedding, towels, or clothing; breathing in the virus).
- People get sick 5 to 21 days after being infected.

Symptoms of Monkeypox

- Fever
- Chills
- Swollen lymph nodes
- Headache
- Body pain
- Exhaustion
- Painful blisters 1-5 days after getting sick

If you have a flu-like illness...

- Isolate yourself from other people until you feel better.
- Don't have close physical contact.
- Wear a mask.
- Don't share clothes, towels, or bedding.
- Rest.
- Drink plenty of fluids.
- Take medication for pain and fever.

See a doctor if...

- You develop blisters.
- You've been in contact with somebody known or suspected to have Monkeypox.

Let's keep ourselves and our community safe!

