

MONKEYPOX & WHAT YOU NEED TO KNOW

Anyone can get monkeypox. Currently, reported cases show us that our gay and bisexual men are experiencing monkeypox at higher rates. However, monkeypox is not limited to any specific group, gender, or community.

It is important for everyone to know the facts to protect themselves and their community.

BWPC STANDS WITH ALL COMMUNITY MEMBERS AFFECTED BY MONKEYPOX. WE ARE COMMITTED TO COMBATING MISINFORMATION AND STIGMATIZATION. LET'S SUPPORT EACH OTHER TO KEEP OUR COMMUNITIES SAFE!

WHAT IS MONKEYPOX?

Monkeypox is an infectious virus that causes **swollen lymph nodes, rash, sores and flu-like symptoms.**

If your immune system is weakened or if you are pregnant or breastfeeding it is particularly important to know how to protect your health.

MONKEY SYMPTOMS:

- Fever and chills
- **Rash over the body that looks like pimples or blisters.** This rash can cover all areas of the body including the inside of the mouth and the genitals
- **Swollen lymph nodes** (small pea-sized organs that fight infection commonly felt in the neck, ear & underarm areas)
- Headache
- Tiredness
- Muscle/body aches, backaches

Other rashes and Sexually Transmitted Infections (STIs) can look similar to a monkeypox rash. Get checked right away to protect the health of you and your baby.

HOW DOES MONKEYPOX SPREAD?

Monkeypox is spread through **skin-to-skin contact**, such as sexual intercourse. However, **it can also spread in other ways:**

- To **babies, through the placenta**
- Babies can get infected through **close skin-to-skin contact** with an infected person
- **Touching** the infected rash or bumps of a person with an active monkeypox infection
- **Prolonged close face-to-face** with infected persons
- **Touching any items that have been in contact** with the infectious rash or bodily fluids
- **Through a bite or scratch from an animal infected** with monkeypox

Monkeypox can spread from the time symptoms appear and last 2-4 weeks until the sores are fully healed and a fresh layer of skin is formed.

KEEP OUR COMMUNITY SAFE:

- **Make sure that everyone in your life has access to reliable information** about monkeypox and support those in the community who get infected
- **Everyone should wash their hands often** and disinfect surfaces
- **Avoid skin-to-skin and intimate contact, like sex and kissing** with persons infected with monkeypox
REMEMBER: Other rashes and STIs can look similar to a monkeypox rash
- **A double-dose vaccine called JYNNEOS is available for persons exposed** to confirmed cases and/or have certain risk factors
- **Keep yourself and community healthy.** Make sure you are up-to-date on all your vaccines, including your COVID-19 vaccine

PREGNANCY & BREASTFEEDING

There is not enough data to know if it is safe to get the JYNNEOS vaccine during pregnancy.

It is not yet known if the monkeypox virus can be spread through breastmilk. Talk to your healthcare provider for advice about breastfeeding and how to maintain your milk supply if you contract the monkeypox virus.

FOR MORE INFORMATION:

- Fresno County Public Health: 559-600-3200
- www.cdc.gov/poxvirus/monkeypox
- bit.ly/cdcphmonkeypox
- bit.ly/monkeypoxpregnancy