

## **MONKEY POX**

### **Take the following steps to prevent getting monkeypox:**

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
  - Do not touch the rash or scabs of a person with monkeypox.
  - Do not kiss, hug, cuddle or have sex with someone with monkeypox.
- Avoid contact with objects and materials that a person with monkeypox has used.
  - Do not share eating utensils or cups with a person with monkeypox.
  - Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.

### **WHAT IS MONKEY POX?**

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder; and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

### **Symptoms of monkeypox can include:**

- Fever
  - Headache
  - Muscle aches and backache
  - Swollen lymph nodes
  - Chills
  - Exhaustion
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- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough,

- 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 rash goes through different stages before healing

**What to do if you think you have monkeypox:**

-Let a staff member know and they will have you meet with a person to go through the screening questions

-You will be screened and then potentially tested if you are able to.

-Do not touch others, do not share food, drinks, drugs, cigarettes, or blankets

-Do not have sex or physical contact with anyone else

-Wear a mask, especially if you are coughing or sneezing

-Wash your hands and wipe down surfaces you have touched, especially if you have a rash on your hands or arms

-Cover any new rashes or bumps on your skin

**WE CARE ABOUT YOUR HEALTH AND SAFETY, PLEASE LET US HELP  
YOU KEEP YOURSELF AND OTHERS HEALTHY SO WE CAN WORK  
TOWARDS ENDING YOUR HOMELESSNESS.**