



Frequently Asked Questions (FAQ) about **Monkeypox (MPX)**

WHAT IS MONKEYPOX?

Monkeypox is a viral infection that causes skin sores or ulcers that may be painful or itchy. Monkeypox may also cause fevers and swollen glands. The rash and other symptoms usually resolve on their own with no treatment within 2-4 weeks. They may leave scars. Rarely, Monkeypox may cause more serious illness.

Read additional information here:

<https://sf.gov/information/monkeypox>

<https://sf.gov/information/monkeypox-faq>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox-Questions-and-Answers.aspx>

<https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html>

<https://www.cdc.gov/poxvirus/monkeypox/sexualhealth/index.html>

WHAT IS THE EXTENT OF THE CURRENT MONKEYPOX OUTBREAK?

Since May of 2022, Monkeypox has begun spreading widely, including in the US and Europe. California has the highest number of cases in the US, and cases have been reported in many California counties including Santa Clara, Monterey, Santa Cruz, Alameda, San Francisco, Contra Costa, Los Angeles and Sacramento. You can see updated case counts in San Francisco here: <https://sf.gov/information/monkeypox-cases>

In the current outbreak, most cases have been among gay, bisexual and other men who have sex with men or trans persons. ANYONE can get Monkeypox if they are exposed.

WHAT DO I DO IF I HAVE BEEN EXPOSED TO SOMEONE WITH MONKEYPOX?

You will know if you have been exposed to someone with Monkeypox in any of the following ways: 1) if you are contacted by a Public Health official; 2) If you are told by someone you've had direct contact with or they have either tested positive for Monkeypox or been informed that they likely have Monkeypox; or 3) If you went to a large party or gathering where you found out later that someone had Monkeypox.

If any of these apply to you, and you don't have symptoms of Monkeypox, you may be eligible to get a vaccine to prevent Monkeypox.

Check here to see who is currently able to get a Monkeypox vaccine and how to get one if you are eligible: <https://sf.gov/information/monkeypox-vaccine-sites>

Currently, vaccines are not given to people who do not have a known exposure to a case of Monkeypox. This includes high-risk people, such as people with HIV.

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WHAT ARE SYMPTOMS OF MONKEYPOX?

Symptoms usually start 7 to 14 days after exposure, but in some cases, they may not appear for up to 21 days.

The most common symptom is a rash or sores that can look like pimples, blisters, boils or open sores. These may be all over the body or just in certain parts, such as the face, hands or feet, as well as on or inside the mouth, genitals or anus. They can last for two to four weeks.

Before or at the same time when the rash or sores appear, people may have flu-like symptoms, such as fever, swollen lymph nodes, headache, and tiredness. In some cases, monkeypox can cause severe illness.

If you think you have symptoms, separate from others and contact your provider.

More information: <https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html>

WHAT DO I DO IF I HAVE SYMPTOMS THAT MIGHT BE MONKEYPOX?

Monkeypox symptoms typically appear 1-2 weeks after exposure but may take as long as 3 weeks to appear. The main symptom is a rash on your body that usually appears on the part of your body that came in contact with the virus – often the genitals, rectal area or mouth area. The rash may look like one or more pimples, blisters, boils or open sores.

Examples of Monkeypox sores are here:





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A Monkeypox test is a simple swab of one or more of the skin sores to test for the virus. There is currently no other way to test for Monkeypox.

If you have symptoms of Monkeypox, contact your healthcare provider to discuss getting a test.

If you do not have a provider, or have difficulty scheduling an appointment, you can be seen at SF City Clinic at 7th Street San Francisco (**628-217-6600**) or at Strut located 470 Castro Street (**415-581-1600**).

If you think you might have Monkeypox, please take these steps to help care for others:

- Isolate yourself as much as possible and avoid skin-to-skin, or close contact with others.
- Let sex partners know about any symptoms you are experiencing.
- Wear a well-fitted mask.
- Cover any spots or rash with clean, dry, loose-fitting clothing.
- Assist public health officials to track others who may have been exposed.

HOW IS MONKEYPOX SPREAD?

- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:
 - Direct contact with monkeypox rash, sores, or scabs
 - Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox
 - Through respiratory droplets or oral fluids from a person with monkeypox
- This contact can happen during intimate sexual contact including:
 - Oral, anal, and vaginal sex or touching the genitals or anus of a person with monkeypox
 - Hugging, massage, kissing, or talking closely
 - Touching fabrics and objects during sex that were used by a person with monkeypox, such as bedding, towels and sex toys
- We know the virus can be spread in fluid or pus from monkeypox sores, and are trying to better understand if virus could be present in semen, vaginal fluids or other body fluids



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WHAT CAN I DO TO PROTECT MYSELF FROM GETTING MONKEYPOX?

To reduce the chance of getting and spreading monkeypox:

- If you or your partners are sick, especially if you or they have a new or unexpected rash or sore, do not have sex or close physical contact. Avoid clubs, parties or gatherings until you have talked to a health care provider.
- Wash your hands, sex toys and bedding before and after sex or other intimate activities.

When making plans, consider the level of risk. Clubs, raves, saunas, sex parties and other places with skin-to-skin or face-to-face contact with many people may increase your risk of exposure.

More information (please look at these links – they're really helpful!):

<https://www.cdc.gov/poxvirus/monkeypox/sexualhealth/index.html>

<https://www.cdc.gov/poxvirus/monkeypox/specific-settings/social-gatherings.html>

Currently, Monkeypox vaccine supplies are very limited. CDC does not recommend widespread vaccination against monkeypox at this time. People who live and work in San Francisco are eligible for a Jynneos vaccine:

- Gay, bisexual, and other men or trans people who have sex with men, who have had more than 1 sexual partner in the past 14 days
- Sex workers of any sexual orientation or gender identity
- Persons who have had close contact within the past 14 days with someone with suspected or confirmed monkeypox
- Persons who had close contact with others at a venue or event or within a social group in the past 14 days where a suspected or confirmed monkeypox case was identified. This includes persons who received notice from a venue or event of a potential exposure within the past 14 days
- Laboratory workers who routinely perform monkeypox virus testing
- Clinicians who have had a high-risk occupational exposure (e.g., examined monkeypox lesions or collected monkeypox specimens without using recommended personal protective equipment)



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HOW DO I TAKE CARE OF MYSELF IF I HAVE MONKEYPOX?

If you test positive for Monkeypox, we will talk to you about caring for the sores, treatment of other symptoms, and ways to speed your healing. We will also provide information to keep those around you safe from becoming infected.

If the sores are extensive, you may need treatment in pill form to block the monkeypox virus – we will talk to you about that if needed.

More information about caring for yourself at home is here:

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html>

WHERE CAN I FIND MORE INFORMATION ABOUT MONKEYPOX?

For more information check out these resources:

San Francisco Department of Public Health Monkeypox Guidance:

<https://sf.gov/information/monkeypox>

CDC Monkeypox Information:

<https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html>

<https://www.cdc.gov/poxvirus/monkeypox/sexualhealth/index.html>

<https://www.cdc.gov/poxvirus/monkeypox/specific-settings/social-gatherings.html>