



MONKEYPOX

What is Monkeypox?

Monkeypox is a rare viral disease related to smallpox that occurs mostly in central and western Africa. It is called “monkeypox” because it was first found in 1958 in laboratory monkeys, though other types of animals may carry it. Monkeypox was reported in humans for the first time in 1970. Prior to recent reports of the disease in the United States, community-acquired monkeypox had never been reported outside of Africa.

What are the symptoms?

In humans, the signs and symptoms of monkeypox resemble those of smallpox, but usually milder. About 12 days after infection, people with the virus will get a fever, headache, muscle aches and backache. They will feel tired and their lymph nodes will swell. One to 3 days (or longer) after the fever starts, a rash sets in. This rash develops into raised bumps filled with fluid and often starts on the face, though it can start on other parts of the body and spread from anywhere. The bumps go through several stages before they get crusty, scab over and fall off. The illness usually lasts for 2 to 4 weeks.

How is it spread?

Monkeypox can spread to humans from an infected animal through a bite or direct contact with the animal’s lesions or body fluids. The disease also can be spread from person to person, although it is much less infectious than smallpox. The virus is thought to be transmitted by respiratory droplets during direct and prolonged face-to-face contact. It also is possible for monkeypox to spread by direct contact with body fluids of an infected person or with virus-contaminated objects, such as bedding or clothing.

How is it treated?

Currently, there is no proven, safe treatment for monkeypox. Smallpox vaccine has been reported to reduce the risk of monkeypox among previously vaccinated people in Africa. The Centers for Disease Control and Prevention (CDC) is recommending that people investigating monkeypox outbreaks and involved in caring for infected individuals or animals should receive a smallpox vaccination to protect themselves against monkeypox. People who have had close or intimate contact with individuals or animals confirmed to have monkeypox also should be vaccinated. People can be vaccinated up to 14 days after exposure.

Should I be concerned about getting it?

People who have not had close contact with a wild or exotic animal or infected person are not likely at risk.

What should I do if I think I have Monkeypox?

People who think they may have been exposed to a person or an animal with monkeypox should contact their health care provider and their local or state health department.

What is Tarrant County doing about it?

Tarrant County Public Health (TCPH) maintains a Health Alert Network, a closed computer network linking local health departments with the Texas Department of Health and the CDC. This network allows for rapid transmission of information related to any health threat that may appear anywhere in the state and in the nation.

**Where can I get
more information?**

Through quick awareness, identification and coordinated efforts, TCPH can take steps to curb and/or contain this and other disease threats.

You can visit us online (<http://health.tarrantcounty.com>); call our Epidemiology and Health Information office at 817-321-5350; contact the CDC at 1-888-246-2675 (www.bt.cdc.gov).