LET’S TALK ABOUT MONKEYPOX

Anyone can be infected by monkeypox regardless of sexual orientation or gender identity or any other identity.

Monkeypox is much less contagious than COVID-19. But it’s still good to know the facts about the symptoms, spread, and what to do if you get sick.

HOW MONKEYPOX SPREADS
The virus is not a sexually transmitted infection. It’s mostly caught through close physical skin-to-skin contact, which is why it can be spread to sexual partners.

Monkeypox spreads by:
• large respiratory droplets via prolonged face-to-face contact
• contact with bodily fluids
• contact with contaminated objects or surfaces (like clothing and bedding)

SYMPTOMS
Monkeypox symptoms are usually mild, and many patients may not feel sick at all. The incubation period for monkeypox ranges from 7 to 17 days. Symptoms to look out for include:
• Rash with fluid-filled bumps (esp. on the face, palms, arms, legs, genitals, or perianal region)
• Fever
• Headache
• Muscle aches and backache
• Swollen lymph nodes
• Exhaustion

You are infectious from initial symptoms until all the bumps crust and fall off, which may take 2-4 weeks.

TREATMENT & CARE
• If you have flu-like symptoms and an unexplained rash, you should contact a healthcare provider as soon as possible.
• If you only have flu-like symptoms (with no rash), please get tested for COVID-19.

As we celebrate Pride this month, share the love - and the facts - with your friends, family, and folx.