

# MONKEYPOX

# COVID-19

## How widespread is it?

Typically found in or linked to central and western African countries. Since May 2022, cases have been identified in other countries and the U.S. The World Health Organization (WHO) has now determined monkeypox to be a public health emergency of international concern. However, monkeypox is much less common than COVID-19.

Hundreds of millions of cases since the start of the pandemic in early 2020, and still spreading widely throughout the world.

## When was it first identified?

Not a new virus – around since 1958.

A novel virus – around since 2019.

## How does it spread?

By contact with someone with symptoms, including through:

- Direct contact with sores, scabs, or body fluids
- Prolonged face-to-face contact
- Contaminated clothing, bedding, or towels (i.e., via fomites)
- Intimate skin-to-skin contact, including sex

Through tiny droplets in the air by breathing, talking, sneezing, or coughing. It is extremely infectious. Can spread from others who have the virus, even if they do not have symptoms.

## What are the signs and symptoms?

- Rash with firm bumps on face, hands, feet, body, or genitals
- Fever, swollen lymph nodes, chills, headache, back aches, and/or muscle aches

- Fever, cough, trouble breathing, runny nose, stomach issues, headaches, muscle aches, loss of taste and smell, and/or cold symptoms

## How is it prevented?

- Avoid close physical, skin-to-skin, contact with people who have symptoms, including sores or rashes
- Talk to your sexual partner(s) about any recent illness and be aware of new or unexplained sores or rashes
- Avoid contact with contaminated materials
- Practice good hand hygiene

- Get vaccinated and boosted
- Wear a mask in indoor settings and crowded outdoor settings
- Meet others outdoors or in well ventilated spaces

## What should I do if I have symptoms?

- Always stay home if you are sick
- Get tested if you have blisters
- Isolate from others
- Contact all sexual partners
- If you have to be around others, wear a mask and cover blisters
- Contact a healthcare provider to talk about diagnosis, testing, and treatment options. Call 2-1-1 or 7-1-1 (hearing impaired), if you do not have a healthcare provider

- Always stay home if you are sick
- Get tested if you have symptoms
- Isolate from others if you test positive
- Contact all close contacts
- If you have to be around others, wear a mask
- Contact a healthcare provider to talk about treatment options. Call 2-1-1 or 7-1-1 (hearing impaired), if you do not have a healthcare provider



For updates, text COSD MONKEYPOX to 468-311. For resources, visit:

[SanDiegoCounty.gov/monkeypoxSD](https://www.sandiegocounty.gov/monkeypoxSD)



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