

Monkeypox: What You Need to Know



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SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH



What is Monkeypox?

A virus appearing as a distinctive rash or sores on the body, including in the genital area

NOT a new disease, but first time it has spread to so many countries at once

Cases in 25 + countries and cases growing in California and San Francisco

Public health goal is to prevent uncontrolled spread across the population

Currently a low threat to the general public

Many cases are appearing among self-identified gay, bisexual men, and men who have sex with men, and trans people – putting people in those social networks at potentially higher risk



How does Monkeypox spread?

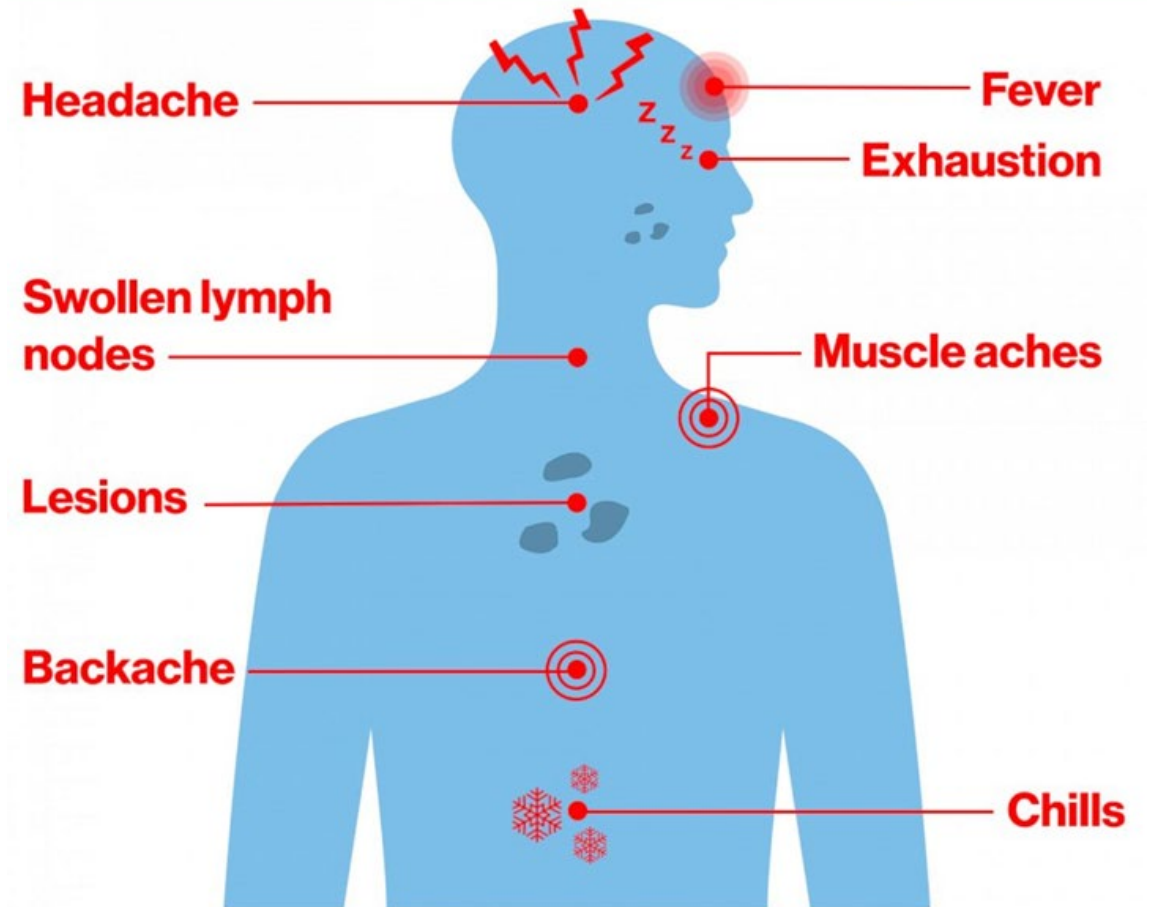
- Monkeypox is a virus that spreads through:
 - Skin to skin contact (prolonged)
 - Sex
 - Kissing
 - Breathing at very close range
 - Sharing bedding and clothing
- Monkeypox is rare and currently a low threat to the general public
- Sex or close physical contact with multiple people can put a person at higher risk for monkeypox if it is spreading in the community

What are the early symptoms?

- In the early stages, Monkeypox often appears as flu-like symptoms

MONKEYPOX SYMPTOMS

LASTS BETWEEN 2-4 WEEKS



What are the distinguishing symptoms?

- Within 1-3 days of flu-like symptoms, a distinctive rash or sore will appear on the skin of the body
- The rash can appear anywhere on the body, including the genital area





How serious is the disease?

- Most cases resolve on their own, but monkeypox can be serious
- Severe cases include:
 - Skin infections from wounds
 - Pneumonia
 - Encephalitis (brain infection)
 - Infection of the eye with loss of vision
 - Miscarriage or infection transmission to a fetus
- Vaccines and preventative medicines are currently limited but strategy to roll out to highest risk individuals
- **Contacting a doctor right away to get evaluated is important!**



How do you prevent infection?

- Consider covering exposed skin in dense, indoor crowds
- Avoid touching bedding or clothing from someone who has a rash
- Using safer sexual practices to avoid opportunities for monkeypox to spread
- Talk to close physical contacts about their general health like recent rashes or sores
- Stay aware if traveling to countries where there are outbreaks
- Stay up to date – public health guidance may change as we learn more about the disease
- Household cleaners/detergents and regular cleaning will kill monkeypox

You can keep yourself safe!



Are certain settings riskier?

- Crowded places where people have high contact could be higher risk, such as:
 - Raves, parties, clubs and festivals
- **Prevention Tip:** Be fully clothed; avoid kissing or skin-to-skin contact with others
- Enclosed spaces where there is minimal or no clothing, or where sexual contact occurs, such as:
 - Back rooms, saunas, sex clubs
- **Prevention Tip:** Avoid physical contact with others that have rashes, sores, and ask about the other person's health



What to do if you have symptoms?

- Stay home if you are feeling sick!
- Contact a health care provider as soon as possible
- Cover the area of the rash with clean, dry, loose-fitting clothing
- Wear a well-fitted mask
- Avoid skin-to-skin, or close contact with others
- Assist public health officials to identify others who may have been exposed
- Refrain from sex until you are medically evaluated
- Screen regularly for sexually transmitted infections. Syphilis and herpes are much more common than monkeypox – they appear similar and should be treated

Who should get tested?

- Currently, we are urging people with a rash or symptoms to get tested if they have:
 - Contact with a similar rash or symptoms
- or-
- Close or intimate contact with individuals in a network where spreading – this includes gay, bisexual, trans people, and men who have sex with men
- or-
- Traveled to an area where outbreaks are occurring





How to get a doctor?

- 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)
 - Strut located 470 Castro Street (415-581-1600)



What is SFDPH doing to help?

- Monitoring updates and guidance from federal and state partners
- Receiving reports from health care providers
- Identifying and reaching out to close contacts of individuals infected for testing and vaccines
- Educating public, communities, and health providers
- Go to [SF.gov/monkeypox](https://sf.gov/monkeypox) for latest guidance, information, and case counts
 - Posters, flyers, videos and other materials can be found on our Toolkit page



How do we avoid stigma?

- Stigma about disease is real – many examples of disease attributed to race, sexual orientation, or cultural identities
- Rights-based, evidence-based approach that increases awareness while actively countering stigma
- Open, affirmative and respectful conversation about health and issues to support people at higher risk of infection



Where can I learn more?

- For information about Monkeypox in San Francisco:
[SF.gov/monkeypox](https://www.sfgov.gov/monkeypox)
- More about social gatherings and safer sex:
[CDC.gov/poxvirus/monkeypox/sexualhealth/social.html](https://www.cdc.gov/poxvirus/monkeypox/sexualhealth/social.html)