



Monkeypox Info Guide

Update 8/18/2022

What is MVP-Monkeypox and why is there a state of emergency?

MVP- Monkeypox, also known as the orthopoxvirus, is a viral infection related to the variola virus that causes smallpox. Monkeypox is not related to chickenpox and it is not a sexually transmitted disease. It spreads through close, physical contact between people. Monkeypox can be infectious from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks. As of late July, nearly [1,300 people have tested positive for monkeypox in NYC](#). Monkeypox is spreading quickly and is now considered an epidemic. As of [July 29, 2022 the New York State declared a state of emergency](#) due to the spread of the virus with NYC at the epicenter of the outbreak.

Symptoms: The most common symptoms are fever, headaches, body aches and rashes (sores or lesions).

- Rash or sores can look like pimples or blisters - They can appear on the genitals (penis, testicles, labia, and vagina) or anus (butthole) or other parts of the body like the face, hands or feet. The rash can be extremely itchy and painful, and sores in the anus or penis can make it hard to go to the bathroom.
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)



Transmission: Currently, Monkeypox is most commonly spreading through intimate contact during sex, including during oral, anal, and vaginal sex or touching the genitals or anus of a person with monkeypox. However, there are other ways Monkeypox can spread to anyone through close skin-to-skin contact, including:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.
- Respiratory droplets or oral fluids from someone with monkeypox, particularly for those who have close contact with someone or are around them for a long period of time.
- Touching fabrics and objects that were used by a person with monkeypox and that have not been disinfected.

A pregnant person can spread the virus to their fetus through the placenta.

How to protect yourself & others: Avoid close contact (touching sores, kissing, sex) with anyone who has a rash or symptoms of monkeypox.

- Do not touch the rash or scabs of a person with monkeypox. [Use disposable gloves if you must have any direct contact with their rash.](#)
- Avoid contact with objects and materials that a person with monkeypox has used.
 - Do not share eating utensils, cups or a toothbrush with a person with monkeypox.
 - Do not handle or touch the bedding, towels, clothing or sex toy of a person with monkeypox. Wear a mask and gloves when handling the items if the person cannot do it themselves.

- Ask your sexual partners if they have monkeypox symptoms or feel sick. If you or your partners are sick, do not have sex or close physical contact and speak to a healthcare provider immediately.
- Remember to wash your hands, sex toys and any fabrics (bedding, towels, clothing) after having sex or other intimate activities.
- Limit your contact with pets.

What to do if you experience symptoms or were exposed: If you are experiencing symptoms, even if they are mild and you don't think you had contact with someone with monkeypox, isolate immediately and talk to a health care provider.

- NYC- if you don't have a doctor, call 311 or 1-844-NYC-4NYC (844-692-4692)
- New York State- for assistance navigating the healthcare system or applying for health insurance call and leave a message to schedule a telephone appointment with a health advocate at Make the Road NY by calling 866-365-2724 (you'll receive a call back within 1-3 business days).

To protect others while you are sick:

- Isolate immediately and avoid close contact with others, including people in your home.
- If isolation isn't possible, or you must leave your home, wear a face mask, avoid physical contact, and wear clothing that covers your lesions.
- Do not share or let others touch your clothing, towels, bedding or utensils. Do not share a bed.

Treatment:

There is no specific treatment, however antiviral drugs and vaccines developed to protect against smallpox may be used to prevent the virus infections. In most cases, people get better on their own without treatment. **A healthcare provider will help you find out if you are eligible for antiviral medication.**

- In order to qualify for the antiviral medication, a doctor must first test you for monkeypox. Testing is now becoming readily available, make sure to ask the healthcare provider about testing.
- Note: some symptoms of monkeypox are confused with other sexually transmitted diseases, speak to a healthcare provider if you don't agree with the course of treatment, and request a monkeypox test.

New Yorkers who develop a rash or skin lesions should:

- Keep rash areas clean and dry to protect against secondary infections
- Be conscious of sun exposure to avoid discoloring exposed lesions
- Talk to a healthcare provider about over-the-counter oral antihistamines and topical agents such as calamine lotion, cortizone, petroleum jelly, and lidocaine cream or gels

JYNNEOS Vaccine - Is FDA-approved for the prevention of smallpox and monkeypox in adults. Vaccination is free and available regardless of immigration status. **Current supply is very limited.**

People 18 years or older who meet all of the following conditions can now be vaccinated: If you had monkeypox, you are currently not eligible to be vaccinated.

- Gay, bisexual, or other men who have sex with men, and/or transgender, gender non-conforming, or gender non-binary
- Have had multiple or anonymous sex partners in the last 14 days

Scheduling a Vaccine Appointment:

Make the Road NY Health Call Line: 866-365-2724 ext 2, or

Find a vaccination appointment at vax4nyc.nyc.gov/monkeypox. Appointments can also be booked by calling 877-VAX-4NYC.

- Check availability often as appointments may become available due to cancellations or rescheduling.