



MONKEYPOX FAQ



What is Monkeypox?

Monkeypox is a virus like the smallpox virus. Both viruses relate. For this reason, some of the treatments and vaccines (shots) that were made for the smallpox virus also work against the monkeypox virus. Today's Monkeypox outbreak has spread from Europe to the United States.

What are the signs and symptoms?

Monkeypox signs and symptoms can be like the flu.

They include:

- Fever
- Fatigue
- Extra-large lymph nodes
- A rash after the lymph nodes get larger

Some people get a rash with or without swollen lymph nodes. Unique to this outbreak is that some people are having just a rash on their genitals or private areas. Symptoms start to show usually at 1 to 3 weeks after contact.

Most people with Monkeypox have mild symptoms. These symptoms may get better without treatment over 2 to 4 weeks. Some people may have severe (bad) pain or lesions (cuts) in places like the eyes that may need treatment.

Who is at risk? How is it spread?

Anyone can get Monkeypox. Most of the time it's spread through close or intimate contact with someone who has monkeypox. You can also get Monkeypox when in contact with things that have the monkeypox virus like bedding and towels.

The Monkeypox virus can spread by:

- Touching monkeypox lesions on a person's skin.
- Touching contaminated things like clothing, bedding, towels, and surfaces that have been in contact with someone with monkeypox.
- Coming into contact with respiratory (breathing) droplets or secretions like mucus and saliva from a person with monkeypox. They can come from the eyes, nose, and mouth when a person coughs, sneezes, talks, and/or laughs.

How infectious is monkeypox?

Monkeypox is highly contagious, meaning it spreads very quickly. The good news is that it is not as contagious as COVID-19. In most cases, you would need to be very close to a person who has monkeypox for more than 3 hours to have a higher risk or have skin to skin contact with a person's open lesions to get Monkeypox.

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How can I prevent the spread of Monkeypox?

There are five main ways to prevent the spread.

1. Avoid close contact with someone with Monkeypox. This means no hugging, massaging, kissing, or talking too close.
2. Avoid having sex with someone who has Monkeypox.
3. Avoid sharing clothes with someone who has Monkeypox. This means not using the same towels, bed sheets or linens.
4. Wear a good quality mask to protect yourself from getting the Monkeypox virus. Although this is not the main way of spreading monkeypox, you can also get it by aerosols.
5. If you have a rash, cover it well to help prevent spread of Monkeypox

Is there a vaccine?

Yes. The vaccine for Smallpox/Monkeypox is called JYNNEOS. JYNNEOS is usually given as two shots. Each shot is given four weeks apart. People who have taken the Smallpox vaccine before, may only need one dose (shot).

Who can get the vaccine?

People who are at high risk of getting monkeypox, can now get the JYNNEOS vaccine

As of August 9, 2022, these groups include:

- Gay or bisexual men and transgender people who:
 - o Had many or unknown sex partners in the last 14 days. This involves using sex to survive and/or exchange for something else.
 - o Have a weak immune system.
 - This includes those with [advanced or uncontrolled HIV](#), who may be at higher risk for serious disease.
 - o Have met the past eligibility criteria should get the vaccine like people who:
 - Have or had gonorrhea and/or early syphilis in the past 12 months
 - Are currently on HIV pre-exposure prophylaxis (PrEP) **OR**...
 - Went to or worked at a commercial sex place or other places where they had unknown sex or sex with many partners in past 21 days.
- People confirmed by LA County, Department of Public Health (LAC DPH) to have [high- or intermediate-risk](#) contact with a confirmed Monkeypox case.
- People who went to an event or place where there was high risk of contact with people confirmed to have Monkeypox. This is skin-to-skin touch or sexual contact. LAC DPH will work with event/site organizers to identify people who may have been at risk of contact.
- People who are homeless (known as persons experiencing homelessness (PEH) with high-risk behaviors.
- High risk groups identified by clinical staff in the LA County Jail system.

Is there a treatment for Monkeypox?

Yes, there is a treatment for Monkeypox. However, most people do get better on their own without the need for treatment. For people with mild disease, staying at home and away from others, prevents the spread of the virus, and will help you get better without treatment.

Is DHS offering the treatment and who is eligible?

LA County Department of Health Services (DHS), including all clinics and the four hospitals, use the guidance from the U.S. Centers for Disease Control and Prevention (CDC) and the LA County Department of Public Health to determine who should get the Tecovirimat (TPOXX) treatment for Monkeypox virus.

In agreement with these guidelines, Tecovirimat is considered for people who have the Monkeypox virus and who have any of these conditions:

- Serious disease that requires you to go to the hospital for problems like encephalitis, sepsis, and hemorrhagic fevers.
- Weak immune system conditions like: HIV/AIDS, leukemia, lymphoma, organ transplants, undergoing cancer treatments, and stem cell transplants.
- Young age- 7 years or younger
- Pregnant or are breastfeeding.
- Have a history of eczema, burns, impetigo, varicella zoster virus infection, herpes simplex virus infection, and severe acne.
- Odd infections involving accidental implantation in eyes, mouth, or other parts of the body such as the genitals or anus, where Monkeypox virus might be harmful.

Where can I get the vaccine or treatment if I am eligible, and I am a DHS patient?

Please call your primary care doctor to ask about the vaccine and if you should get the treatment.

What should I do if I am exposed to a person with Monkeypox?

Call or message your doctor as soon as you know you have been in contact with someone with Monkeypox. If your doctor determines you had a high-risk exposure, you may be able to get the vaccine to prevent Monkeypox. Vaccinations given early after contact are likely to prevent you from getting Monkeypox. The earlier you get the vaccine after exposure, the more likely it is to protect you. Vaccine given later after contact may help you to have less symptoms.

What should I do if I think I have monkeypox? How should I get care?

If you think you have monkeypox you should stay at home. Call or message your doctor so they can help you get tested. It is important to get tested so we can help determine if you have monkeypox. We may also need to identify people you have been in contact with or infected to prevent more spread of the virus. Your doctor may want to have you come in first thing in the morning or late in the afternoon. By doing this, less people will be in contact with you to protect others. Most clinics will offer testing. If your clinic does not offer testing your doctor will refer you to another clinic that does.

Where can I find more information about the vaccine

If you have questions about the JYNNEOS vaccine you can read these online resources:

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/smallpox-monkeypox.html>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/JYNNEOS-Vaccine-for-Monkeypox-Exposure-QA.aspx>

You can also call your primary care doctor with questions or concerns.

