Monkeypox (MPV) Information
7/28/2022
Whatcom County Health Department Communicable Disease & Epidemiology

How does MPV spread?

**CURRENTLY, MOST CASES ARE TRANSMITTED VIA SEXUAL CONTACT**

**Skin-to-skin contact**
- direct contact with the skin, rash, sores or body fluids of an individual with MPV

**Respiratory droplets or oral fluids**
- during direct and prolonged face-to-face contact

**Shared bedding or clothing**
- that have been used by someone with MPV

Symptoms to watch for:

- **Painful rashes, sores, or blisters** occur in nearly all people infected with MPV.
- They can appear anywhere on the body.
  (genital & anal region, face, arms/legs, chest/back)

Some may also experience Flu-like symptoms, such as:

- **Fever**
  - A fever is a body temperature above 100.4°F (38°C). Take your temperature twice a day

- **Chills**

- **New lymph node swelling**
  - (Lymph nodes are the bean-shaped glands found in the neck, armpits, groin, and abdomen)
Monkeys (MPV) Information (continued)

How to reduce your risk

- Avoid physical contact with an infected person
- Avoid sexual activity with multiple partners (and partners who have sex with multiple partners)

What to do if you've been exposed

- Contact your health care provider and/or the Whatcom County Health Department for guidance.
- Watch for symptoms for 21 days after the last exposure.

Getting a vaccine promptly may prevent infection. A limited amount of vaccine is available. Antiviral treatment may also be available for those at high risk for severe illness.

If you have symptoms, or have tested positive for monkeypox:

- Do not kiss, hug, cuddle, sleep, or have sex with others.
- Separate yourself from other people and from animals. Stay home except for health care.
- Do not share bedding, towels, dishes, or utensils. Wash your own dishes and laundry, and do not shake out dirty laundry.
- Avoid use of contact lenses to prevent infection of the eye.

Contact information

Communicable Disease & Epidemiology
360-778-6100 Main call line