

WHAT IS MONKEYPOX?

Monkeypox, referred to as "MPX" by California health officials, is a rare disease caused by a virus in the same family as smallpox. The current risk of getting MPX in the general public is very low, however, anyone can get MPX. It's good to be aware of signs and symptoms to keep you and others safe.

How does MPX spread?



TOUCHING

Skin-to-skin contact (hugging, kissing or intimate activity) with someone who has symptoms.



SHARING ITEMS

Sharing items (clothing, bedding, towels, etc.) used by someone with symptoms.

MPX can spread through close interactions from talking, coughing and breathing near someone for a long period of time. This mainly happens when living with or caring for someone with symptoms.

What are the symptoms of MPX?



Symptoms can start anywhere from 5–21 days after an exposure. Early symptoms include fever, chills, body aches, swollen lymph nodes and exhaustion which is often followed by a rash located on or near the genitals and other areas like hands, feet, chest, face or mouth.

What to do if a student shows symptoms



Though the risk of transmission remains low, if a student shows symptoms of MPX here's what you should do:

- Contact a health care provider immediately.
- Isolate at home until rash is gone, the scabs have fallen off, and a fresh layer of skin has formed.
- If you have an active rash or other symptoms, stay in a separate room or area away from people or pets you live with. If you need to be around others in your home (i.e., caring for children or family members), cover up sores/rash and wear a mask.

How to prevent spread in schools?



- The same disinfectants used for emerging infections to clean surfaces and classrooms on the EPA list (<https://bit.ly/evps-g>) are sufficient for MPX. These measures are similar to the hygiene measures recommended to schools for COVID-19.
- Avoid close contact with people who are sick or have a rash.
- Avoid sharing bedding, towels, clothing, cups and utensils with people who have symptoms. Items should be cleaned and disinfected before used by others.



If you suspect you have been exposed to MPX, call (do not visit) your healthcare provider.