

MONKEYPOX What You Should Know.

What is monkeypox?

Monkeypox is a viral infection that is spread through prolonged, close contact that includes intimate and other skin-to-skin contact. It is often abbreviated as MPV, MPX, or MPXV.

Is there a vaccine or treatment?

Most folks recover in 2-4 weeks without treatment. Antiviral treatment is available through CDC. Learn more at [cdc.gov](https://www.cdc.gov). MN Department of Health is working with select community partners to provide vaccines for those at high risk. Visit health.state.mn.us to learn who is eligible.

What if I have HIV and get MPX?

It is currently not known how having HIV affects one's risk for MPX. MSM living with HIV are disproportionately represented in MPX cases. If you think you might have been exposed to MPX, contact a healthcare provider.

What if I think I have monkeypox?

Contact your healthcare provider and/or the following providers:

MDH Infectious Disease Hotline
(651)201-5414

Minnesota Family Planning & STD Hotline
(800)783-2287

What are the symptoms?

1-4 DAYS AFTER EXPOSURE



Rashes
Bumps
Blisters
Scabs

Found on hands, mouth, chest, feet, face, or genitalia. Monkeypox is not a STI, but rashes may resemble common STIs like herpes or syphilis.

3 WEEKS AFTER EXPOSURE



Fever
Fatigue
Chills



Headaches
Muscle Aches



Swollen Lymph Nodes
Sore Throat
Cough

CHANGING THE MONKEYPOX NARRATIVE

While monkeypox is affecting a disproportionate amount of gay, bisexual, and other men who have sex with men (MSM), it is important to note that monkeypox is not exclusive to MSM communities. BIPOC communities, especially Hispanic and Black people are also bearing the brunt of monkeypox cases in the US, as these communities continue to face disproportionate access to testing and vaccines. We need to take steps to de-stigmatize and change the current narrative within public health.

How can I stay safe?

PRESS PAUSE

on intimate activities and skin-to-skin contact with others if you have symptoms.

PRACTICE A CLEAN ROUTINE.

Use soap and hand sanitizer with at least 60% alcohol. Disinfect infected surfaces or objects.

PREVENT THE SPREAD.

Mask up, isolate, and talk to your provider if you may have been exposed to someone with monkeypox.

