

# ABOUT MONKEYPOX



**RASH, BUMPS OR BLISTERS**



**FEVER**



**CHILLS**



**HEADACHES**



**MUSCLE ACHES**

Monkeypox might start with symptoms like the flu, with fever, low energy, swollen lymph nodes, and general body aches. (Days 0-5) After fever develops rash develops within 1-3 days, starting on face, hands, feet, genitals, before the main body. Early rash can look like individual pimples or blisters. They may also be limited to one part of the body.



## How is Monkeypox spread?

Monkeypox spreads primarily through direct contact with infectious sores, scabs, or body fluids, including during sex

### Monkeypox can be spread through:

- Direct skin-skin contact with rash lesions
- Sexual/intimate contact, including kissing and hugging
- Living in a house and sharing a bed with someone
- Sharing towels or unwashed clothing
- Respiratory secretions through prolonged face-to-face interactions

### Monkeypox is **NOT** spread through:

- Casual brief conversations
- Walking by someone with monkeypox, like in a grocery store

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## Prevention

There are number of ways to prevent the spread of monkeypox, including:

- People who become infected should isolate themselves until their symptoms are improving or have gone away completely. The rash should always be well covered until completely healed.
- Practicing healthy habits, including good hand hygiene
- Talk to your close contacts about any recent illness and being aware of new or unexplained sores or rashes on your body or your partner's body, including on the genitals and anus
- Avoiding close contact, including sex, with people who are ill and have monkeypox symptoms like sores or rashes

## What to do if you have had an exposure or symptoms?

If you have had an exposure, have symptoms you are concerned about, or need to speak with someone about your risk, please reach out to your primary care provider. Students with the UCI Health Insurance plan can schedule appointments with their Student Health Center providers

## Vaccines

Limited vaccines are available. They are currently used as post exposure treatment or given as prevention in high risk groups. Antiviral drugs are also used to treat and manage the disease.

Check with your local health department for vaccine availability.

UCI's Student Health Center is working to secure the vaccine to have on hand for the campus student community.

## UCI Monkeypox Resources and Updates

We are working closely with the Orange County Health Care Agency to keep the campus prepared, informed and healthy.

## For more information about Monkeypox

### UCI Forward - UCI Health

<https://uci.edu/monkeypox/>

### UCI Campus Update

<https://uci.edu/coronavirus/messages/220802-update-on-monkeypox.php>

### Orange County Health Care Agency

<https://www.ochealthinfo.com/about-hca/public-health-services/communicable-disease-control/disease-information-prevention-9>

### California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx>

### Centers for Disease Control and Prevention

<https://www.cdc.gov/poxvirus/monkeypox/index.html>

### California Department of Public Health Q&A

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox-Questions-and-Answers.aspx>

For more information  
[uci.edu/monkeypox](https://uci.edu/monkeypox)

**UCI** University of  
California, Irvine