

# Monkeypox

You may have heard about Monkeypox in the news recently. Currently, there are very few cases in the United States. To stay safe while reducing fear and stigma, here are some things you should know.

**Myth:** Monkeypox spreads easily.

**Fact:** U.S. Monkeypox cases are very rare. Past cases were associated with international travel or importing animals from areas where the disease is more common.

**Myth:** Monkeypox only spreads to men who have sex with men (MSM).

**Fact:** Although recent cases have been identified in the MSM community, Monkeypox can infect anyone. No one community is more at risk than another.

**Myth:** Monkeypox is a sexually transmitted infection (STI).

**Fact:** Like a cold or flu, many diseases can be spread through sexual contact, but that does not make it an STI. Monkeypox spreads through physical contact with bodily fluids, lesions, and contaminated items from an infected person.

**Myth:** Monkeypox is a new disease.

**Fact:** Monkeypox was first discovered in 1958 and the first human case was recorded in 1970. Although there have been cases in the U.S. before, this is the first time it is being detected in different regions at the same time.

**If you have symptoms and are at risk of Monkeypox, contact your doctor. Avoid being intimate with anyone until you have been checked out and advised by your doctor.**

Symptoms typically begin with fever, headache, muscle aches, backaches, swollen lymph nodes, chills, and exhaustion. A rash may occur on the body, including the tongue, face, hands, feet, chest, genitals, or anus. However, the appearance of symptoms has varied in recent cases. Some have only developed lesions or sores in the genital or anal area.

**You may be at higher risk for Monkeypox if you:**

- Traveled to areas where Monkeypox cases have been reported, including central or west African countries, parts of Europe, or other areas with confirmed cases the month before your symptoms began
- Were in contact with a person with confirmed or suspected Monkeypox