

## Monkeypox

Monkeypox is a rare disease similar to smallpox caused by the monkeypox virus. It causes flu-like symptoms such as fever and chills, and a rash that can take weeks to clear. There's no proven treatment for monkeypox, but it usually goes away on its own.

### OVERVIEW

#### What is monkeypox?

Monkeypox is a rare disease caused by the monkeypox virus. It's found mostly in areas of Africa but has been seen in other areas of the world. It leads to rash and flu-like symptoms. Like the better known virus that causes [smallpox](#), it is a member of the family called orthopoxvirus.

Monkeypox was discovered in 1958 when two outbreaks of a pox-like disease occurred in groups of monkeys being used for research. It's spread mainly through human contact with infected rodents, but can sometimes be spread through skin-to-skin contact with an infected person. There are two known types (clades) of monkeypox virus — one that originated in Central Africa and one that originated in West Africa. The current 0 1 234.0g8.99 00501700440000F0003004bF2 11.01 0 0 1 411d.

## **Signs and Symptoms**

Monkeypox causes pus

**How monkeypox spreads?**

[Wash your hands](#) frequently with soap and water.

Avoid contact with people who may be infected with the virus.

Practice safe sex, including the use of condoms and dental dams.

Wear a mask that covers your mouth and nose when around others.

Clean and disinfect frequently touched surfaces.

Use personal protective equipment (PPE) when caring for people infected with the virus.

## **Outlook / Prognosis**

### **How long does monkeypox last?**

Monkeypox normally takes about two to four weeks to run its course. If you are exposed to monkeypox, your provider will monitor you until the rash resolves.

### **Is monkeypox fatal?**

The less severe West African clade is causing the current world outbreak (2022). No one has died from this outbreak to date. But, monkeypox can lead to other problems (complications) like [pneumonia](#) and infections in your brain ([encephalitis](#)) or eyes, which can be fatal.

## **Living with Monkeypox**

### **How do I take care of myself?**

If you have monkeypox symptoms, there are over-the-counter medications that can help you feel better, including:

**Pain relievers and fever reducers.** Medicines like ibuprofen (Advil®, Motrin®) and acetaminophen (Tylenol®) can help you feel better.

**Oatmeal baths.** Soaking in a warm bath with colloidal oatmeal can relieve the dry, itchy feeling that comes with skin rashes.

**infected.** Avoid contact with others until all your lesions have scabbed.

**Cover single or local lesions.** Use gauze or bandages to limit spread to others and the environment.

**Take good care.** It's important to stay home and rest when you're sick, wear a mask around others and drink plenty of fluids.

**Avoid contact with pets (especially rodents).**

### **When should I see my healthcare provider?**

Call your healthcare provider if you:

Feel sick with fever, aches or swollen lymph nodes.

Have a new rash or sores.

Have been in close contact with an infected person.

## **When should I go to the ER?**

Seek medical care if you develop the following symptoms:

Trouble breathing.

New or worsening chest pain.

Stiff neck.

Are confused or can't think clearly.

Difficulty speaking or moving.

Loss of consciousness.

Seizures.

## **Frequently Asked Questions**

**What is the difference?**

**Monkeypox vs. chickenpox**

If infected with monk