

Monkeypox cases continue to spread in Indiana, the United States, and globally. Anyone (women, men, and children) can get the virus through close or intimate contact with a person or animal who is positive for the virus. **Close contact** with an infected individual includes:

- skin-to-skin
- contact with respiratory droplets
- contact with materials like bedding, towels, clothing, and other items used by that person

Symptoms to watch for are:

- fever
- headache, muscle, and backaches
- swollen lymph nodes
- chills
- exhaustion
- a rash that can look like pimples or blisters that appear on the face, inside of the mouth, and on other parts of the body (hands, feet, chest, genitals, or anus)



If you are experiencing any of the above symptoms, please **contact a healthcare provider**. Symptoms can last 2-4 weeks, and the individual will be asked to isolate until the rash is healed. Healthcare providers may ask you to identify close contacts to prevent further spread of the virus.

Testing, treatment, and vaccines are available for those who are experiencing symptoms or who are positive for the virus and for those who are identified as a close contact to the infected individual. Consult your healthcare provider regarding available options.



Prevention of monkeypox includes isolating if symptomatic or if you have a positive test; avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox; do not handle or touch bedding, towels, or clothing of an infected individual; disinfect and wash high risk surfaces that may be infected with monkeypox; wash hands often with soap and water; avoid contact with animals that can spread monkeypox; and monitor for symptoms if you have traveled to an area that is experiencing high rates of monkeypox.

Information for clinicians in Indiana and specimen collection can be found at:

<https://www.in.gov/health/erc/infectious-disease-epidemiology/diseases-and-conditions-resource-page/monkeypox/>

General information about monkeypox can be found at: <https://www.cdc.gov/poxvirus/monkeypox/>



