



S.A.F.E. Newsletter



Monkeypox: Is it scary?



What is it?

A double-stranded DNA virus belonging to the Poxviridae family that causes the Monkeypox disease.

What are the Symptoms?

Incubation period of ~6-12 days on average and then you may have two periods of infection.

1st period (~0-5 days):

- Fever
- Intense Headache
- Swelling of Lymph Nodes (lymphadenopathy)
- Muscle Aches (Myalgia)
- Intense Lack of Energy (Asthenia)

2nd period (~1-3 days after fever):

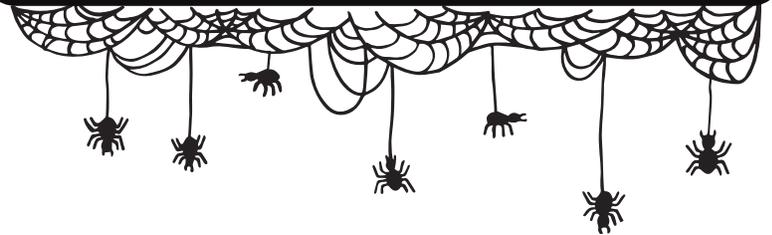
- Rash
- Skin Eruptions that evolve from flat lesions to fill and eventually become crusts.

Symptoms normally subside after 2-4 weeks, and some people only experience a rash.

How does it Spread?

Close personal contact with:

- A person with Monkeypox rash, scabs, or their body fluids.
- Objects, Fabric (clothing, bedding, etc.) or Surfaces that have come into contact with a person with Monkeypox.
- Respiratory Secretions.



How is it Prevented?

1. Wash your hands with soap and water.
2. Avoid skin to skin contact with people who have Monkeypox Rash or Symptoms.
3. Avoid contact with objects that a person with Monkeypox has used.
4. Get vaccinated.

Is there Treatment?

Yes! Most cases can be managed through isolation and treatment of symptoms, but there is medication available.

Contact your doctor for more information!



TIPS AND TRICKS

Communicate!

If you are experiencing a rash and they may be exposed, tell your friends, family, and sexual partners.

Take Care of Yourself!

Call your doctor if you are experiencing symptoms. Stay hydrated and use over-the-counter (OTC) pain relief medications (Tylenol, Ibuprofen, etc.) to manage any fever or pain. Ensure to isolate and wash your hands often.

Rash Care!

Avoid touching the rash, and keep rash clean and dry. Do not lance or pop any lesions, this may prolong or spread your disease. Use warm baths (can add oatmeal, Epsom Salt, etc.), topical creams, and Antihistamine pills to relieve itchy sensations. Keep clean to avoid a secondary infection.

MONKEYPOX

If You Have Monkeypox: Self Care



Taking Care of Yourself



- Use gauze or bandages to cover the rash to limit spread to others and to the environment.
- Don't lance (pop) or scratch lesions from the rash.
- Do not shave the area with the rash until the scabs have fallen off and a new layer of skin has formed.
- Keep skin lesions/rash clean and dry when not showering or bathing.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.
- If you have rash on your hands, be careful when washing or using sanitizer so as not to irritate the rash.
- If you have rash on your hands, wear gloves that are non-irritating when handling common objects or touching surfaces in shared spaces. If you can, use disposable gloves that can be discarded after each use. Reusable gloves should be washed with soap and water between use.
- Wear a well-fitting mask around other people until the rash and all other symptoms have resolved.
- Eat healthy and get plenty of rest to allow your body to heal.



Managing Your Pain Symptoms



- Medicines like ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) can help you feel better. Your healthcare provider may prescribe stronger pain relievers.
- For rash in the mouth, rinse with salt water at least four times a day. Prescription mouthwashes, or local anesthetics like viscous lidocaine can be used to manage pain. Oral antiseptics like chlorhexidine mouthwash can be used to help keep the mouth clean.
- Contact your healthcare provider if pain becomes severe and unmanageable at home.

Rash Relief

- The most important thing is to try to not touch or scratch the rash. This can spread the rash, increase the chance of spreading the virus to others, and possibly cause infection by bacteria. If you do accidentally touch the rash, wash your hands with soap and water and avoid touching sensitive areas like your eyes, nose, mouth, genitals, and rectum (butthole).
- Topical benzocaine/lidocaine gels can be used for temporary relief. Oral antihistamines such as Benadryl and topical creams such as calamine lotion or petroleum jelly may help with itching.
- Soaking in a warm bath (using oatmeal or other over-the-counter bath products for itchy skin) may offer some relief to the dry, itchy sensations.
- People who have the rash in or around their anus (butthole) or genitals (penis, testicles, labia, vagina), or perineum (taint) may also benefit from a sitz-bath. A sitz bath is a round, shallow basin. There is also the option to sit in a bathtub with shallow, warm water. Your healthcare provider may prescribe medication like povidone-iodine or other products to be added to the water in a sitz bath. Adding Epsom salt, vinegar, or baking soda to the water can be soothing.