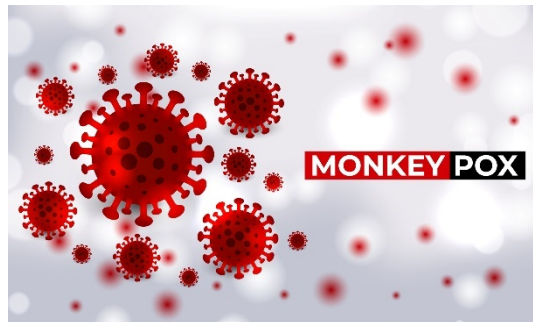


Keeping You Informed: What you should know about Monkeypox



Anyone can get Monkeypox. What you can do:

- **Know the Symptoms:** Rash, Fever, Chills
 - Symptoms usually start within 2 weeks of exposure to the virus. The first symptoms might be like the flu, such as fever, headache, muscle aches and backache, swollen lymph nodes, chills, or exhaustion. Within 1-3 days of these symptoms beginning, people develop a rash or sores
- **Prevent Transmission:**
 - Direct human contact: Face-to-face, skin-to-skin, hugging, oral and sexual touches
 - Contact with items used by person with the virus: clothing, bedding, towels
- **Get Tested:** If you have symptoms, call (do not visit) your health care provider and ask about testing. If you do not have a provider, contact County of Orange's Health Referral Line for a list of resources
- **Isolate:** If you have symptoms, stay at home, wear a mask, and cover lesions to protect others
- Stay up to date and visit:
 - CDC - https://www.cdc.gov/poxvirus/monkeypox/pdf/MPX_Social_Gatherings_Safer_Sex-508.pdf.
 - HCA - <https://www.ohealthinfo.com/monkeypox>