

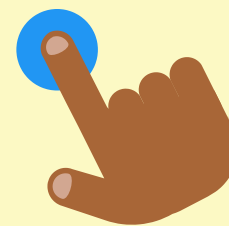
# Keeping Safe from Monkeypox

Monkeypox is a virus that can make you sick and spreads from person to person. It can affect everyone in the community, no matter what your sexual orientation or gender is. You can take steps to keep yourself and other safe.

01

## How Can I Get Monkeypox?

- Close, intimate contact with bodily fluids.
- Touching the rash of someone with Monkeypox.
- Touching surfaces or items that have been in contact with the rash of someone with Monkeypox.



Fever



Headache



Rash



Back pain



Swollen Lymph Nodes



Muscle Pain



Shivering (Chills)



Low energy

graphic from CSCDD\*

## What Are the Symptoms?

- Fever
- Headache
- Rash on chest, hands, feet, face or genitals
- Back pain
- Swollen lymph nodes
- Muscle pain
- Shivering & chills
- Low energy

02

03

## Ways to Keep Yourself Safe

- Avoid skin-to-skin contact with someone who has or might have Monkeypox. This includes sex, kissing, cuddling & hugging.
- Avoid contact with surfaces and fabrics like clothes or bedding that have been in contact with someone who has or might have Monkeypox.
- Always wash your hands with soap and water or use hand sanitizer & wear a mask around others.



## What to Do if You Think You Have Monkeypox

- Stay by yourself and away from others (isolate).
- Call your doctor and make an appointment.
- Follow the advice from your doctor.

04

Remember: many symptoms can look like a cold, flu or even Covid and can last for 2 to 4 weeks. If you have flu-like symptoms plus a rash, bumps or blisters that are new, contact your doctor right away.

For more information:

[https://health.hawaii.gov/docd/disease\\_listing/monkeypox/](https://health.hawaii.gov/docd/disease_listing/monkeypox/)

\*Adapted from the California State Council on Developmental Disabilities Aug 2022



Special Parent Information Network