## Monkeypox
### What You Need to Know
- Monkeypox has been detected in every US state, including in Indian Country
- Anyone can get monkeypox
- Most people recover fully, but some people get seriously ill
- Monkeypox is preventable

### Symptoms often include:
- Fever
- Rash (most common) can occur anywhere on body including on or near genitals
- Low energy
- Headache
- Swollen lymph nodes
- Muscle and back aches
- Painful swelling inside rectum
- Painful urination

### How does monkeypox spread?
- It spreads through direct person-to-person contact with an infected person. This includes:
  - Skin-to-skin contact
  - Face-to-face contact for extended time
  - Sexual contact
  - Mouth-to-skin contact
  - Mouth-to-mouth
  - Contact with sheets, towels, clothing, surfaces, or objects used by infected person

### How can we stay safe?
- Avoid close, skin-to-skin contact with anyone who has been diagnosed with monkeypox or is showing symptoms like a rash.
- Get a vaccine. Vaccines are available for people who are at high risk.
- If you have symptoms or you think you may have had close contact with someone with monkeypox, talk to a healthcare provider.
- If sharing a house with someone who has monkeypox, stay in separate rooms, wash hands, disinfect objects and surfaces, and open windows.

Effective September 15, 2022

Sources: WHO, CDC