

August 8, 2022

Monkeypox virus is an orthopoxvirus most transmitted by close contact with an infected individual. There are two types of the monkeypox virus, the Congo Basin and the West African. The West African type is causing infections in the U.S.

The virus typically causes a localized rash and is easily transmitted from person to person. Although the monkeypox virus can cause severe disease, the virus currently circulating in the U.S. has a lower risk for severe illness in healthy individuals. Transmission from mother to child during pregnancy, delivery and breastfeeding also has been documented.

Monkeypox virus symptoms typically develop between 7–14 days after infection. Early symptoms vary, but individuals who may be infected with the monkeypox virus usually develop the following before the raised pustular skin rash appears:

- Body aches.
- Fever.
- Headache.
- Swollen lymph glands.

The rash may contain a small number of pustules that can be painful or itchy. The rash typically ends after all scabs on the pustules heal.

If you develop symptoms of the monkeypox virus or have had contact with anyone with a known or suspected monkeypox illness, seek medical attention immediately. There are vaccines and medications available for the treatment of the monkeypox virus. Early detection is essential to treat and stop the spread of the virus.

#### **How to prevent the monkeypox virus**

- Avoid direct contact with rashes, scabs and bodily fluids from individuals with active or suspected monkeypox infections.
- Do not share cups, plates or eating utensils.
- If pregnant, abstain from close or intimate contact with individuals with active or suspected monkeypox infections.
- Practice good hand hygiene, wash with soap and water or use hand sanitizer regularly.

#### **Steps you to take if you have the virus**

- Avoid contact with other people and pets.
- Isolate at home.
- Wash all clothing, bedding or other items that come into direct contact with individuals with the monkeypox virus. Laundry must be washed separately and in warm or hot water with laundry detergent.

Contact your primary healthcare provider for monkeypox virus testing. Please [visit the Centers for Disease Control and Prevention's monkeypox webpage](#) for additional monkeypox virus information.

If you have concerns about the monkeypox virus, please contact your primary healthcare provider, [ASU Employee Health](#), at 602-496-1917 or [ASU Health Services](#) at 480-965-3349. Contact [ASU Environmental Health and Safety](#) at 480-965-1823 for guidance on disinfecting areas used by anyone with the monkeypox virus.