



Take Care of YOU

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FACT CHECK

MYTH

Monkeypox can only spread through sexual contact.

FACT

Monkeypox can spread through any skin-to-skin contact, as well as contact with materials contaminated with the virus. Anyone can get infected if they have direct contact with an infected person or animal.

What you need to know about Monkeypox (from W.H.O.)

- Monkeypox is transmitted through close contact with an infected person or animal, or with materials that are contaminated with the virus.
- Close contact includes any face-to-face, skin-to-skin, or mouth-to-mouth contact.
- Symptoms range from mild to severe, typically last 2-4 weeks, and usually go away on their own or with supportive care.
- The most common symptoms include fever, headache, muscle aches, back pain, low energy, and swollen lymph nodes. The rash can be found on the face, palms of the hands, soles of the feet, eyes, mouth, throat, or groin.
- Protect yourself and others by limiting contact with people who may be infected, and cleaning your hands and disinfecting surfaces regularly.
- An antiviral agent developed for the treatment of smallpox has also been licensed for the treatment of monkeypox.

For more information, visit [World Health Organization](https://www.who.int).