

**FACTS & MYTHS
ABOUT
MONKEYPOX
& WHAT WE KNOW SO FAR**



FACT #1: MONKEYPOX IS SPREAD VIA BODILY FLUID CONTACT

HOW IT SPREADS

- Direct contact with the infectious rash, scabs, or body fluids
- Respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact
- Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids
- Pregnant people can spread the virus to their fetus through the placenta

MYTH #1: MONKEYPOX ONLY AFFECTS LGBTQ+ COMMUNITIES

Monkeypox isn't a virus that only infects LGBTQ+ communities. Anyone who comes into contact with the infection is at risk.

“Stigma and blame undermine trust and capacity to respond effectively during outbreaks like this one. Experience shows that stigmatizing rhetoric can quickly disable evidence-based response by stoking cycles of fear, driving people away from health services, impeding efforts to identify cases, and encouraging ineffective, punitive measures.”

Matthew Kavanagh, UNAIDS Deputy Executive Director

FACT #2: SYMPTOMS BEGIN BEFORE SKIN LESIONS ERUPT

INVASION PERIOD (0-5 DAYS)

Fever-like Symptoms

- Fever & intense headache
- Lymphadenopathy (swelling of the lymph nodes)
- Back pain, muscle aches and intense lack of energy



ERUPTION PERIOD (ABOUT 2-4 WEEKS)

- Skin eruptions usually begin within 1-3 days of appearance of fever
- Rash affects the face (95% of cases), hand palms & soles of feet (75% of cases)
- Also affects oral mucous membranes (70%), genitalia (30%), & conjunctivae (25%)

MYTH #2: MONKEYPOX IS A NEW VIRUS

HISTORY OF OUTBREAKS

- 1958 Monkeypox was first discovered when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research
- 1970 First human case reported in the Democratic Republic of Congo where Smallpox was eradicated
- 2003 First case reported outside of Africa was in the United States & linked to an infected pet prairie dog
- 2022 Current Monkeypox outbreak has seen reported cases in more than 50 non-endemic countries

FACT #3: PREVENTATIVES MEASURES EXIST

RISK AWARENESS

A current prevention strategy is public education about signs, symptoms & Monkeypox exposure

VACCINATION

Smallpox vaccines (2 doses) appear to be about 85% effective against Monkeypox, possibly resulting in milder illness

PROPER CONTAINMENT

Infected persons should follow infection control procedures like sanitization & quarantine

MYTH #3: MONKEYPOX IS A SEXUALLY TRANSMITTED DISEASE

Since the virus is transmitted through contact with infected bodily fluid, rashes, or droplets, transmission is NOT limited to sexual contact.

"You can get a cough or a cold through sexual contact, but it doesn't mean that it's a sexual transmitted disease. You don't need to have sexual contact in order to transmit monkeypox. Close personal contact is sufficient."

Dr. Andy Seal, Strategies Advisor, W.H.O Dept. of HIV, Hepatitis, and STI Programmes



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