INFORMATION RESOURCES

Responding to Monkeypox

A Provincetown Community Forum to Raise Public Awareness & Promote Action

June 27, 2022

Information Packet Assembled by ASGCC (6/27/2022)

ASGCC Drop-in Center
148a Commercial St, Provincetown, MA 02657
508.487.8311 • asgcc.org/dropin
Monkeypox is a contagious viral disease that is currently being seen largely in communities of gay and bisexual men. Local healthcare providers and government leaders are collaborating to ensure that Provincetown is informed about monkeypox so together we can protect each other and limit its spread.

STAY INFORMED.
STAY HEALTHY.
INFORMATION LINKS

Stay up-to-date on the situation in town.
Monkeypox Information Page
Provincetown Health Department

Find out more about the county response.
Monkeypox Resources & Information
Barnstable County Health Department

Learn what’s happening across the state.
Monkeypox Information & Resources
Massachusetts Dept. of Public Health

Keep current on the outbreak nationally.
CDC Monkeypox Resources
Centers for Disease Control

Experiencing symptoms? Stay home & call your medical provider.
Outer Cape Health Services

Need updates on community forums & other information on the outbreak?
AIDS Support Group of Cape Cod
1. ASGCC Monkeypox Basics for Social Media (published May 31, 2022)
2. Provincetown Monkeypox Information Page (accessed June 27, 2022)
3. CDC Monkeypox: Get the Facts (May 2022)
4. CDC 2022 U.S. Map & Case Count (as of June 24, 2022)
5. CDC Signs and Symptoms (accessed June 27, 2022)
6. CDC Social Gatherings, Safer Sex and Monkeypox (June 2022)
CURIOUS ABOUT MONKEYPOX?

On May 18, Massachusetts Department of Public Health (DPH) reported that a state resident tested positive for monkeypox after returning from Canada. Since early May, global public health authorities have identified multiple clusters of monkeypox in several countries that do not typically report monkeypox.

WHAT IS MONKEYPOX?

Monkeypox is a rare disease that is caused by infection with monkeypox virus. Monkeypox virus belongs to the Orthopoxvirus genus in the family Poxviridae. The Orthopoxvirus genus also includes variola virus (which causes smallpox), vaccinia virus (used in the smallpox vaccine), and cowpox virus.

COMMON SYMPTOMS

Monkeypox symptoms involve a characteristic rash. The rash is typically preceded by fever/chills, swollen lymph nodes, and other non-specific symptoms such as malaise, headache, and muscle aches following an average incubation period of up to 21 days (typically 6-16 days). Some recent cases have begun with characteristic lesions in the genital/perianal region, and in the absence of fever and other symptoms.

HOW IS IT TRANSMITTED?

The virus does not spread easily between people. Transmission can occur through direct contact with body fluids and monkeypox sores, or indirect contact with fomites (items that have been contaminated with the virus such as clothing, bedding, etc.), or through large respiratory droplets following prolonged face-to-face contact.
CAN I GET IT FROM SEX?

The monkeypox virus can be transmitted through close, personal, often skin-to-skin contact. Such contact can happen during intimate sexual contact. So, if you’re close enough to have sex, there’s a possibility of contracting the virus or passing it along. And if you’re concerned that you have symptoms, consider waiting until you’re feeling better before having sex and see your healthcare provider.

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TREATMENT

Many individuals infected with monkeypox virus have a mild, self-limiting disease course in the absence of specific therapy. However, the prognosis for monkeypox depends on multiple factors such as previous vaccination status, initial health status, concurrent illnesses, and comorbidities among others.

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WHEN TO SEEK HELP

People who may have symptoms of monkeypox should contact their healthcare provider. This includes anyone who, in the last 30 days:
1. traveled to a country where there is a current outbreak of monkeypox; OR
2. reports close contact with a person or people with confirmed or suspected monkeypox; OR
3. is a man (assigned male sex at birth or identifies as male) who regularly has proximate physical, sexual, or other close contact with other men.

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CAN I GET VACCINATED?

Vaccination is not currently recommended for the general public. Because monkeypox virus is closely related to the virus that causes smallpox, the smallpox vaccine can protect people from getting monkeypox. Recent CDC recommendations on an approved smallpox vaccine limit its use to clinical laboratory personnel who work closely with viruses such as monkeypox.

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SHOULD I BE CONCERNED?

Don’t panic, but be vigilant. All things considered, monkeypox is a rare virus and isn’t severe in most cases. Stay alert to possible symptoms and tell your doctor or local public health unit about any symptoms you have. By staying aware and informed, you can help slow its spread. As with any infectious disease, we need to be mindful for ourselves as well as others in the community. Even if you might have a mild case, other people with compromised immune systems could get seriously sick.

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SOURCES

Slides 1, 8: Provincetown Health Department (accessed 2/27/2022) https://www.provincetown-ma.gov/1420/Monkeypox-Information
Slide 2: Centers for Disease Control & Prevention (accessed 5/27/22) https://www.cdc.gov/poxvirus/monkeypox/about.html

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Monkeypox Information

UPDATE June 14, 2022 - “If you have any Monkeypox symptoms, and especially if you have a rash, it is best to avoid prolonged physical contact with anyone until you are well.” IF YOU ARE SICK, STAY IN!

PROVINCETOWN HOSTS PUBLIC FORUM TO SPREAD AWARENESS ABOUT MONKEYPOX PREVENTION on Tuesday, June 28, 2022 at 5:00PM

Coordinated efforts are underway to prevent spread of Monkeypox during the summer season

Due to an increasing number of monkeypox cases nationally and state-wide, Provincetown has initiated a coordinated multi-agency effort to educate the public about the risk factors, symptoms, and transmission of monkeypox. The town has been working with local healthcare providers, the legislative delegation, Barnstable County, and Massachusetts Department of Public Health officials to identify and promote best practices for monkeypox awareness and prevention amongst Cape Cod residents, local businesses, and visitors.

Although monkeypox case numbers among the general population remain low, officials believe early awareness and proactive public outreach are integral to inhibiting a potential spread of the virus. Therefore, Provincetown will host a
virtual public forum on Tuesday, June 28, 2022 at 5:00PM to answer questions, provide information and resources, and address any residents’, visitors’, or local businesses’ concerns surrounding monkeypox:

Microsoft Teams meeting, join on your computer or mobile app
Click here to join the meeting
Or call in (audio only) (833) 579-7589
Phone Conference ID: 856 833 68#

Provincetown and Barnstable County public health officials will be in attendance, in addition to representatives from the Massachusetts Department of Public Health.

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While the virus does not spread easily between people, people can spread the infection once they develop symptoms. Transmission occurs through direct contact with body fluids and monkeypox sores, by touching items that have been contaminated with fluids or sores (clothing, bedding, etc.), or less commonly, through respiratory droplets following prolonged face-to-face contact. In many of the recent cases, the locations of the rash lesions suggest transmission during sexual contact.

Click here for World Health Organization (WHO) advice for MSM with answers to common questions about monkeypox.

Click here for Barnstable County Department of Health & Environment information for Cape Cod residents, visitors, businesses, and health care practitioners.

Click here for information from Outer Cape Health Services. Call 508.487.9395 if you are feeling ill with symptoms that need to be evaluated. At this time, testing is only available through the DPH state lab. Local urgent care clinical evaluation is necessary for sample collection authorization in consultation with the state epidemiological program.

Examples where monkeypox can spread and where it does not:

- Monkeypox can spread through:
  - Direct skin-skin contact with rash lesions. Sexual/intimate contact, including kissing while a person is infected.
  - Living in a house and sharing a bed with someone. Sharing towels or unwashed clothing.
  - Respiratory secretions through face-to-face interactions (the type that mainly happen when living with someone or caring for someone who has monkeypox).
○ Monkeypox does not spread through:
  ○ Casual conversations. Walking by someone with monkeypox in a grocery store. Touching items like doorknobs.

Other things you can consider to help reduce the risk from monkeypox include:

○ Avoid large gatherings like raves and dance parties where you may have lots of close body contact with others.
○ Ask any partner, especially new partners whose health status and recent travel history you are not familiar with, if they have any symptoms of monkeypox.
○ Stay informed by reading information available on the DPH and CDC websites.

Click here for safer sex guidance, here for social gathering and more sex information and here for CDC situation summary.

Click here for information provided by the AIDS Support Group of Cape Cod.

**MA DPH** announced an additional case of monkeypox in an adult male (6/14/22). The case is currently isolating to prevent spread to others. Current data from CDC indicates that there have been 65 cases of monkeypox virus this year in US residents. There have been no deaths in the US or globally related to this outbreak and patients generally recover fully in 2-4 weeks. Although many of the early cases were associated with international travel, recent cases are not. Gay and bisexual men and other men who have sex with men make up a large proportion of the cases identified to date. However, the risk is not limited to the LGBT community, and anyone who has been in close contact with someone who has monkeypox is at risk. On May 18, the Massachusetts Department of Public Health (MDPH) reported that a Massachusetts resident tested positive for monkeypox after returning to the U.S. from Canada. Since early May, global public health authorities have been reporting multiple clusters of monkeypox in several countries that do not typically report monkeypox. In most instances, these cases did not have the traditional risk factor, which is recent travel to an endemic country in West or Central Africa. Some recent case clusters have been identified in men who report sex with men (MSM). MDPH is urging healthcare providers to be alert for patients who have rash illnesses consistent with monkeypox. Clinicians are asked to be alert to the possibility of monkeypox virus infection in individuals who have rash illnesses consistent with monkeypox. Early symptoms of monkeypox can include fever, headache, sore throat, and swollen lymph nodes, but rash may be the first symptom. Rash lesions start flat, become raised, fill with clear fluid (vesicles), and then become pustules (filled with pus). A person with monkeypox can have many lesions or may have only a few. More complete information about how to recognize monkeypox is available here.
ABOUT MONKEYPOX:

Monkeypox is a rare but potentially serious viral illness that typically begins with flu-like illness (fever, chills, malaise, headache, muscle aches) and swelling of the lymph nodes and progresses to a rash on the face and body. Most infections last 2-to-4 weeks. In parts of Central and West Africa where monkeypox occurs, people can be exposed through bites or scratches from rodents and small mammals, preparing wild game, or having contact with an infected animal or possibly animal products. The virus does not spread easily between people; transmission can occur through direct contact with body fluids and monkeypox sores, or indirect contact with fomites (items that have been contaminated with the virus (clothing, bedding, etc.), or through large respiratory droplets following prolonged face-to-face contact.

Symptoms of monkeypox involve a characteristic rash. The rash is typically preceded by fever/chills, swollen lymph nodes, and other non-specific symptoms such as malaise, headache, and muscle aches following an average incubation period of up to 21 days (typically 6-16 days). Some recent cases have begun with characteristic lesions in the genital/perianal region, and in the absence of fever. For this reason, cases may be confused with more commonly seen infections (e.g., syphilis, chancroid, herpes, and varicella zoster).

Monkeypox lesions typically progress through specific stages before scabbing and falling off. The rash appearance of monkeypox is very similar to that of smallpox, appearing first on the face or genital area, and spreading to other parts of the body and may include lesions on the palms and soles. The illness is usually mild and most of those infected will recover within a few weeks without treatment. Initial laboratory testing for monkeypox is performed using real-time polymerase chain reaction (PCR) assay on lesion material.

May 25, 2022 Provincetown Health Department Statement:

There are currently no known or suspected cases in Provincetown. Transmission from person to person is by direct contact (touch) with body fluids, fluid from the pox vesicles, or bedding contaminated with the fluids. Respiratory transmission is also possible but through large droplets that fall quickly and therefore requires prolonged close contact (usually hours face to face) with someone who has the vesicles in the throat or respiratory tract.

Symptoms of Monkeypox: Monkeypox begins with symptoms similar to other pox viruses. The main difference between smallpox and monkeypox symptoms is that monkeypox causes swollen lymph nodes (lymphadenopathy) while smallpox does not.
The incubation period (time from infection to symptoms) for monkeypox is usually 7–14 days but can range from 5–21 days.

The illness begins with fever, headache, muscle aches, backache, swollen lymph nodes, chills, exhaustion. Within 1 to 3 days after the appearance of fever (sometimes longer), the patient develops a rash, often beginning on the face, then spreading to other parts of the body.

**What people should do:**

People who may have symptoms of monkeypox should contact their healthcare provider. This includes anyone who:

1. traveled to central or west African countries, parts of Europe where monkeypox cases have been reported, or other areas with confirmed cases of monkeypox during the month before their symptoms began, or

2. reports close or intimate contact with a confirmed monkeypox case or person with suspected monkeypox symptoms.

**What We are Doing:**

The Provincetown Department of Health takes seriously any potential threat to the public’s health. We are communicating and coordinating with our local health care clinic, Outer Cape Health Care, the Barnstable County Health Department, and the Massachusetts Department of Public Health, as well as following and disseminating advisories from the US CDC.

We are communicating with licensed businesses whose staff or guests may be impacted by monkeypox, sharing signs and symptoms, and recommending cleaning protocols that can help to prevent the spread of monkeypox, should it appear in Provincetown.

Vaccination is not currently recommended for the general public. We have inquired about the possibility of accessing and distributing a vaccine through our health care network should it become recommended and remain vigilant about signs and symptoms that could indicate cases of monkeypox in Provincetown.

We have sent notice to licensed businesses whose staff or guests may be impacted by monkeypox, to share signs and symptoms, and recommend cleaning protocols that can help to prevent the spread of monkeypox, should it
appear in Provincetown.

The CDC recommends:

- Hand hygiene (i.e., hand washing with soap and water or use of an alcohol-based hand rub) should be performed by infected persons and household contacts after touching lesion material, clothing, linens, or environmental surfaces that may have had contact with lesion material.
- Laundry (e.g., bedding, towels, clothing) may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- Care should be used when handling soiled laundry to avoid direct contact with contaminated material.
- Soiled laundry should not be shaken or otherwise handled in a manner that may disperse infectious particles.
- Dishes and other eating utensils should not be shared. It is not necessary for the infected person to use separate utensils if properly washed. Soiled dishes and eating utensils should be washed in a dishwasher or by hand with warm water and soap.
- Contaminated surfaces should be cleaned and disinfected. Standard household cleaning/disinfectants may be used in accordance with the manufacturer’s instructions.
Monkypox: Get the Facts

- Monkypox is a rare disease caused by the monkypox virus
- Monkypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness
- Monkypox can spread to anyone through close, personal, often skin-to-skin contact including:
  - Direct contact with monkypox rash, sores or scabs
  - Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkypox
  - Through respiratory droplets or oral fluids from a person with monkypox
- This contact can happen during intimate sexual contact including:
  - Oral, anal, and vaginal sex or touching the genitals or anus of a person with monkypox
  - Hugging, massage, or kissing and talking closely
  - Touching fabrics and objects during sex that were used by a person with monkypox, such as bedding, towels and sex toys
- We know the virus can be spread in fluid or pus from monkypox sores, and are trying to better understand if the virus could be present in semen, vaginal fluids or other body fluids

What Are the Symptoms?

- Early flu-like symptoms of monkypox can include:
  - Fever
  - Headache
  - Muscle aches and backache
  - Swollen lymph nodes
  - Chills
  - Exhaustion
- A rash or sores, sometimes located on or near the genitals or anus, but sometimes in other areas like the hands, feet, chest or face – sores will go through several stages before healing
- Sores may be inside the body, including the mouth, vagina, or anus
- Some people experience a rash or sores first, followed by other symptoms and some only experience a rash or sores
- Monkypox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed – this can take several weeks

If You Have a New or Unexplained Rash, Sores, or Other Symptoms...

- See your healthcare provider – if you don’t have a provider or health insurance, visit a public health clinic near you
- When you see a healthcare provider for possible monkypox, remind them that this virus is circulating in the community
- Avoid sex or being intimate with anyone until you have been checked out

If You or Your Partner Have Monkypox...

- Follow the treatment and prevention recommendations of your healthcare provider
- Avoid sex or being intimate with anyone until all your sores have healed and you have a fresh layer of skin formed.

For more information, please visit www.cdc.gov/monkeypox
# U.S. Outbreak 2022: Situation Summary

## 2022 U.S. Map & Case Count

![Map of the United States showing monkeypox cases by state](image)

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<th>State</th>
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Data as of June 24, 2022, 2 pm Eastern. Data will be updated Monday–Friday.

Total confirmed monkeypox/orthopoxvirus cases: 201

*One Florida case is listed here but included in the United Kingdom case counts because the individual was tested while in the UK.

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Content source: Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of High-Consequence Pathogens and Pathology (DHCPP)
MONKEYPOX

Signs and Symptoms

2022 U.S. Monkeypox Cases

- CDC is tracking multiple cases of monkeypox that have been reported in several countries that don’t normally report monkeypox, including the United States.
- CDC is urging healthcare providers in the U.S. to be alert for patients who have rash illnesses consistent with monkeypox.
- CDC is working with state and local health officials to identify people who may have been in contact with individuals who have tested positive for monkeypox, so they can monitor their health.
- Monkeypox is rare and does not spread easily between people without close contact. The threat of monkeypox to the general U.S. population remains LOW.

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder; and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

Symptoms of monkeypox can include:
- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.
- The rash goes through different stages before healing completely.
- The illness typically lasts 2-4 weeks.

Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

Examples of Monkeypox Rashes

Photo Credit: NHS England High Consequence Infectious Diseases Network

More Monkeypox Rash Photos

Photo credit: UK Health Security Agency

Page last reviewed: June 24, 2022
Content source: Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of High-Consequence Pathogens and Pathology (DHCPP)
Monitor the current outbreak and study the virus, we want you to have information so you can make informed choices when you are in spaces or situations where monkeypox could be spread through close, intimate contact or during sex. There is a lot we still need to learn about monkeypox, and we will update this information as we learn more on www.cdc.gov/monkeypox.

What is monkeypox?

Monkeypox is a disease that can make you sick, including a rash, which may look like pimples or blisters, often with an earlier flu-like illness. Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:

- Direct contact with monkeypox rash, sores, or scabs from a person with monkeypox. We believe this is currently the most common way that monkeypox is spreading in the U.S.
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions, through kissing and other face-to-face contact.

This contact can happen when you have sex including:

- Oral, anal, and vaginal sex or touching the genitals (penis, testicles, labia, and vagina) or anus (butt) of a person with monkeypox.
- Hugging, massage, and kissing.
- Touching fabrics and objects during sex that were used by a person with monkeypox and that have not been disinfected, such as bedding, towels, fetish gear, and sex toys.

What are the symptoms of monkeypox?

- Monkeypox symptoms usually start within 2 weeks of exposure to the virus.
  - The first symptoms might be like the flu, such as fever, headache, muscle aches and backache, swollen lymph nodes, chills, or exhaustion.
  - Within 1-3 days of these symptoms beginning, people develop a rash or sores.
- The rash or sores may be located on or near the genitals or anus but could also be on other areas like the hands, feet, chest, or face.
  - The sores will go through several stages, including scabs, before healing.
  - The sores can look like pimples or blisters and may be painful or itchy.
  - Sores may be inside the body, including the mouth, vagina, or anus.

You may experience all or only a few of these symptoms. Most people with monkeypox will get the rash or sores. Some people have reported developing the rash or sores before (or without) the flu-like symptoms.

Monkeypox can be spread from the time symptoms start until all sores, including scabs, have healed and a fresh layer of skin has formed. This can take several weeks.
What are researchers investigating?

- If the virus can be spread when someone has no symptoms.
- If the virus could be present in semen (cum), vaginal fluids, and fecal matter (poop).

How can a person lower the chance of getting monkeypox at places like raves, parties, clubs, and festivals?

When thinking about what to do, seek out information from trusted sources like the local health department. Second, consider how much close, personal, skin-to-skin contact is likely to occur at the event you plan to attend. If you feel sick or have any rashes or sores, do not attend any gathering, and see a healthcare provider.

- Festivals, events, and concerts where attendees are fully clothed and unlikely to share skin-to-skin contact are safer. However, attendees should be mindful of activities (like kissing) that might spread monkeypox.
- A rave, party, or club where there is minimal clothing and where there is direct, personal, often skin-to-skin contact has some risk. Avoid any rashes or sores you see on others and consider minimizing skin-to-skin contact when possible.
- Enclosed spaces, such as back rooms, saunas, or sex clubs, where there is minimal or no clothing and where intimate sexual contact occurs have a higher likelihood of spreading monkeypox.

How can a person lower their risk during sex?

Talk to your partner about any recent illness and be aware of new or unexplained sores or rashes on your body or your partner’s body, including the genitals and anus. If you or your partner have recently been sick, currently feel sick, or have a new or an unexplained rash or sores, do not have sex and see a healthcare provider. This is always a good plan, even if monkeypox isn’t in your area.

If you or a partner has monkeypox, the best way to protect yourself and others is to not have sex of any kind (oral, anal, vaginal) and not kiss or touch each other’s bodies while you are sick, especially any rash or sores. Do not share things like towels, fetish gear, sex toys, and toothbrushes.

If you or your partner have (or think you might have) monkeypox and you decide to have sex, consider the following to reduce the chance of spreading the virus:

- Have virtual sex with no in-person contact.
- Masturbate together at a distance of at least 6 feet, without touching each other and without touching any rash or sores.
- Consider having sex with your clothes on or covering areas where rash or sores are present, reducing as much skin-to-skin contact as possible.
- Avoid kissing.
- Remember to wash your hands, fetish gear, sex toys and any fabrics (bedding, towels, clothing) after having sex.
- Limit your number of partners to avoid opportunities for monkeypox to spread.

What should a person do if they have a new or unexplained rash, sores, or other symptoms?

- Avoid sex or being intimate with anyone until you have been checked out by a healthcare provider. If you don’t have a provider or health insurance, visit a public health clinic near you.
- When you see a healthcare provider, remind them that this virus is circulating in the area.
- Avoid gatherings, especially if they involve close, personal, skin-to-skin contact.
- Think about the people you have had close, personal, or sexual contact within the last 21 days, including people you met through dating apps. You might be asked to share this information if you have received a monkeypox diagnosis, to help stop the spread.