

MONKEYPOX

WHAT YOU NEED TO KNOW

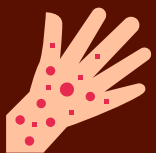
- Monkeypox is spreading in Indian Country
- Navajo Nation reported its first monkeypox case in August
- Monkeypox is preventable
- Anyone can get monkeypox
- Most people recover fully, but some people get seriously ill



Symptoms often include:



Fever



Rash on body and in mouth, throat, eyes, vagina, and anus



Low energy



Headache

Swollen lymph nodes

Muscle and back aches

Painful swelling inside rectum

Painful urination

How does it spread?

Monkeypox spreads through close contact with an infected person.

This includes:

- Skin-to-skin contact (touching)
- Face-to-face contact (close talking)
- Sexual contact (vaginal and anal sex)
- Mouth-to-skin contact (oral sex)
- Mouth-to-mouth contact (kissing)
- Contact with bed sheets, towels, clothing, surfaces, or objects used by an infected person



How can we stay safe?

- **Avoid close contact with anyone who has been diagnosed with monkeypox or is showing symptoms.**
- **Get a vaccine if it is available.**
- **If showing symptoms, talk to a healthcare provider and follow guidance for isolating at home.**
- **If sharing a house, stay in separate rooms, wash hands often, disinfect objects and surfaces often, and open windows.**

