

# Protect Yourself

# Protect Your Loved Ones

# Protect Our Community



**Monkeypox spreads** through close physical contact with people infected with the virus. The virus is contained in skin lesions and saliva. It can also be spread through contact with towels or bed linens that have been used by someone with monkeypox lesions.

**Anyone can get it.** Currently the disease is most affecting men who have sex with men, and vulnerable individuals include those with weakened immune systems, the elderly, young children under 8, and pregnant people.

**Symptoms may include** skin lesions such as pustules, bumps, blisters, and flu-like symptoms, such as fever, headache, muscle aches, chills, and fatigue.

**Prevention includes** asking your sexual partners whether they have a rash or other skin lesions on any part of the body. Avoid skin-to-skin contact with someone who has a rash or other monkeypox-related symptoms. CDC recommends vaccination for people who have been in close contact with people who have monkeypox. Talk to your health care provider or call the number below if you think you have been exposed to monkeypox or are at high risk for exposure.



*If you have been in close contact with a person with monkeypox or have symptoms of monkeypox contact your medical provider immediately!*

For more information, visit the CDC Monkeypox web page at <https://www.cdc.gov/poxvirus/monkeypox/faq.html> or call the Ulster County Service Center at 845-443-8888 and ask to speak to a nurse in the Health Department

