Agricultural Workers

About Monkeypox

Monkeypox is a contagious rash illness that spreads from person to person through direct contact with sores, scabs, or body fluids; contact with contaminated items; and respiratory droplets during prolonged face-to-face contact. Monkeypox can spread during intimate contact, including sex. A person with monkeypox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness usually lasts 2-4 weeks. Anyone can get monkeypox.

Symptoms

People with monkeypox get a rash that may be located on or near the genitals and could be on other areas like the hands, feet, chest, face, or mouth. The rash will go through stages, including scabs, before healing. The rash may look like pimples or blisters and may be painful or itchy.

Other symptoms of monkeypox can include:

- Fever and/or chills
- Swollen lymph nodes
- Exhaustion

- Muscle aches and backache
- Headache
- Sore throat, nasal congestion, or cough

Reducing Exposure

- Don't share clothing (including hats and scarves) unless it has been washed.
- Don't share personal items in the field such as tools, water bottles, food, and sunglasses.
- Wash your hands with soap and water or use alcohol-based hand sanitizer.

Testing and Treatment

Testing is recommended for people with symptoms to find out if they are infected with monkeypox. Only a healthcare provider can order a monkeypox test. People with monkeypox should stay in a private room to prevent spreading the disease. When separating from others is not possible, people with monkeypox should wear a well-fitting facemask, cover areas where rash or sores are present, and wash their hands.

The cost of monkeypox testing depends on where you get it. Tests conducted by public health departments are usually free. Testing referrals from a private healthcare provider to a commercial lab or tests done in the hospital may involve a fee.

There are no specific treatments for monkeypox virus infections. However, there are ways to treat the symptoms (pain and itching) of a monkeypox infection by using over the counter medicines like ibuprofen, naproxen, acetaminophen, or antihistamines.

**For more information, visit www.vdh.virginia.gov/monkeypox/
or call 877-VAX-IN-VA (877-829-4682)**