Human Monkeypox (hMPXV) Summary

August 2022

Human Monkeypox (hMPXV) is a rare disease that can be transmitted from animals to humans. The disease is caused by the monkeypox virus, which is closely related to the smallpox virus. While monkeypox is generally rare, it can be serious and can lead to complications in some individuals.

Transmission of hMPXV is typically through direct contact with an infected person or animal, or through contact with fluid from a lesion or scab. The virus can also be transmitted through respiratory droplets during close contact.

Symptoms of hMPXV can include fever, headache, body aches, rash, and lymph node swelling. The rash often begins on the face and spreads to other parts of the body. The rash can last several weeks.

The disease is typically self-limiting and does not require treatment for everyone. However, in some cases, especially in young children or those with weakened immune systems, more aggressive treatment may be necessary.

Prevention of hMPXV involves good hygiene practices, such as frequent hand washing, and avoiding contact with animals or animal products. In the event of an outbreak, vaccination may be used to prevent spread.

HealthVermont.gov/hMPXV

108 Cherry Street, Burlington, VT 05401 • 802-863-7200 • www.healthvermont.gov

Nepali
Monkeypox is a disease caused by the human monkeypox virus (hMPXV). It is part of the same family as the virus that causes smallpox. hMPXV is not new, but in 2022 it was found in countries that have not commonly reported the virus, including the U.S. and Canada. We are still learning about this outbreak.

How it spreads

hMPXV can spread to anyone through close, and often skin-to-skin, contact with someone who is infected. This includes:

- **Direct contact with a rash, sores, or scabs.** For example, during sexual, intimate, or other skin-to-skin contact.
- **Large respiratory fluids, like saliva (spit),** from close, face-to-face contact over a longer period of time. For example, when kissing, cuddling or living with someone with hMPXV.
- **Direct contact with materials that have touched body fluids or sores,** such as clothing or linens.

The virus can spread to others from the time symptoms start until all sores have healed and a fresh layer of skin has formed, which can take several weeks.

People infected with hMPXV should avoid contact with animals, including pets, livestock, and wildlife, because it can spread between animals and humans.

Symptoms

**The most common symptom is a rash,** which might look like pimples, blisters or sores. Other symptoms might include fever, headache, muscle aches, backaches, swollen lymph nodes, chills or exhaustion before a rash.

Most people get better in two to four weeks without medical treatment. However, symptoms can be painful, and people might have permanent scarring from the rash.

What Vermonters Can Do

- **Find out if you are eligible for vaccination** at [healthvermont.gov/hMPXV](http://healthvermont.gov/hMPXV). (Link in English)
- **If you have a rash or other symptoms of hMPXV,** even if you don’t think you’ve had contact with someone who has it, talk to your health care provider and avoid contact with other people and animals. Call 2-1-1 if you need to be connected to care.
- **Understand that some situations are riskier than others.** For example, higher risk activities include sexual or intimate contact, or dancing in a crowded area with little clothing. It is very unlikely to get hMPXV from trying on clothes at a store, traveling in an airport, swimming in a public pool or shopping.

Learn more at HealthVermont.gov/hMPXV