



## MPV FAQ:

### I have been exposed to MPV (monkeypox). What should I do?

- Seek out a vaccine
  - If you are told by your partner that they have monkeypox, or someone contacts you to tell you that you were exposed, you should seek out a MPV vaccine to prevent an infection.
  - Getting a vaccine soon after exposure – ideally within 4 days but up to 14 days after – can help prevent you from becoming infected with MPV.
- Monitor for symptoms
- Let partners know you have been exposed
- Limit close physical contacts during this time
- Talk to your health provider if you have questions
- See a doctor or health provider as soon as possible if symptoms develop

### Will wearing a condom prevent people from getting MPV (monkeypox)?

- Condoms during sex are an important way to protect yourself and others from HIV and other STIs like gonorrhea, chlamydia, and syphilis.
- We do not know yet whether condoms reduce the risk of getting or giving someone else MPV during sex.
- While we learn more about how the MPV virus is spread, we want everyone to know that MPV can be spread during any close physical contact, including sex, or by face-to-face coughing or sneezing, kissing, licking, skin to skin rubbing, or sharing or sex toys, bedding, towels, clothing, or utensils, among other ways.

### If I had the smallpox vaccine, am I protected from MPV (monkeypox)?

- Monkeypox and smallpox are in the same family of viruses.
- According to the [CDC](#), since MPV is closely related to the virus that causes smallpox, the smallpox vaccine can protect you from getting MPV.
- However, if you have been exposed to MPV and it has been three years or more since your smallpox vaccine, you should think about getting a MPV vaccine.

### How do you test for MPV (monkeypox)?

- You must have a rash, or spots, to get a MPV test.
- The MPV test is done on your skin with a swab at a clinic or health care provider. The swab is rubbed against spots on your skin, or parts of your rash, and then sent to a specialized lab for MPV testing.



- A preliminary lab test result should be available in a few days. While you are waiting, be sure to take steps to care for yourself and others:
  - Stay home and away from others
  - Put off travel on public transportation
  - Call, text, or contact your sex partners and people you have had close contact with since the start of your symptoms
  - Protect any pets

## **Is there treatment for MPV (Monkeypox)?**

- Most people get well from MPV without needing any medicines or other treatment.
- There is no medicine that the FDA has approved for MPV infection treatment.
- However, there is one medicine that is used for severe MPV, called tecovirimat, or TPOXX. It is allowed as an “investigation” drug for special circumstances for people who have severe MPV.
- Right now, we only have a few TPOXX pills available. Talk to your doctor if you think you might need TPOXX because of a special condition or severe disease.
- If you need TPOXX, your doctor will work with the health department, or other providers to get you TPOXX.

## **What is severe MPV (monkeypox) and who is at risk?**

Most people get well from MPV without pills or treatment of any kind. But for some people MPV can be serious.

Here is what to look out for:

- any MPV blisters or spots on or near your eyes
- spots that spread all over your body or blend together
- problems with bleeding or bruises all over
- any trouble breathing, or thinking, or continuing to feel worse and not improving over time

The groups of people who may be at higher risk for getting severe MPV include:

- children under age 8
- people who are pregnant
- people whose immune system is not as strong because of a disease, an infection or from taking medicines
- people with a history of eczema and other skin conditions.
- If you are one of these groups of people, it is important to see your doctor early. You should call your doctor or clinic if you are worried you are getting severe MPV. And you



should seek care by calling 911 or going to a hospital emergency room in a health emergency.

## **Can I get MPV (Monkeypox) more than once?**

- If you have been sick with MPV, your body may be able to prevent you getting sick with MPV again.
- We are learning more, but we do not know how long your body's protection, or immunity might last.

## **If I recently recovered from MPV (monkeypox) but was not able to get vaccinated, should I get vaccinated once I have recovered?**

- We do not yet know whether people who recently had MPV and got well should get the vaccine after they recover.
- IDPH and KCHD will make sure the community and your healthcare provider know the latest information as we learn more about MPV.

## **What if my job involves touching people?**

- People with jobs or professions that have skin-to-skin contact with customers or clients should look at or visually inspect the area of skin that they are treating for signs of MPV.
- It is also important to ask your customer/client about whether they have any flu-like symptoms (such as a fever)
- Do not touch anyone with flu-like symptoms or a rash that might be MPV. (Flu-like symptoms can also be associated with COVID-19, which is another reason to ask your customers about how they are feeling before providing services.)

## **What kind of cleaning products work against MPV (monkeypox)?**

The U.S. Environmental Protection Agency (EPA) has a list of approved cleaning solutions, or disinfectants for MPV. The list includes popular products that many people already use, such as Lysol and Clorox. In addition, the EPA has approved special product labeling for cleaning solutions to prevent MPV. The list of approved products can be found on the [EPA website](#).

According to the CDC, if you have MPV you should clean and disinfect the spaces you are in regularly to prevent the spread of MPV to your family or household when you are staying home and staying away from others. This includes washing your bedding and towels. Do not shake them out.

Once you have gotten well from MPV and new skin has grown over all your MPV sores or spots, you should wipe down and clean your home as thoroughly as you can. The virus can live on



surfaces such as bedding for as long as 15 days. More information and tips about cleaning during and after MPV can be found [here](#).

## Can kids get this infection?

- Anyone can get MPV.
- Do not share a bed if you are feeling flu-like symptoms or you have a rash or spots.
- If you or others have symptoms and shared a bed with a child, please contact your doctor right away.
- Stay home, and stay away from other people in your home as much as you can, wear a mask and avoid close physical contact like kissing or hugging other people.

## I have pets in my home and I have monkeypox or monkeypox symptoms. How can I protect them?

- You should take steps, whenever possible, to protect everyone in your home, including your pets or companion animals.
- We know that rodents can get MPV, and we do not know enough yet about whether dogs and cats can get MPV.
- If you must take care of animals in your home, you should wear a mask, especially when you are touching or caring for your pet
- You should also wear clothes that cover your skin (such as long sleeves and long pants).
- You should wear gloves as much as possible, especially when feeding, petting or changing bedding, and you should thoroughly wash your hands before touching them.
- Try to avoid being face-to-face with your pets including licking or kissing, until you are healed, even if you are wearing a mask.
- More information about protecting animals in your home can be found online at <https://www.cdc.gov/poxvirus/monkeypox/specific-settings/pets-in-homes.html>.

## How can we protect ourselves while traveling?

At this time, MPV is **rare** and considered a low threat to the general public. Almost everyone who gets MPV gets infected from having a lot of skin-to-skin or face-to-face contact, such as kissing and sex with someone who has MPV at a time when that person has symptoms and can spread it.

However, you should not sleep inside a hotel room that has not been cleaned after the previous people left.

There are reported cases of MPV in over 25 counties and the CDC recommends that travelers avoid close contact with sick people, as well as dead or live wild mammals. If you are traveling on a plane, avoid prolonged skin-to-skin contact, while sharing an armrest, for example. The good news is that MPV is not nearly as contagious as COVID-19.