

What is monkeypox?

Monkeypox is a viral infection caused by the monkeypox virus, which belongs to the same virus as the variola virus (smallpox). Monkeypox symptoms are similar to smallpox but milder. Monkeypox is rarely fatal, and it is not related to chickenpox. The virus enters the body through broken skin, respiratory tract, or mucous membranes (i.e., eyes, nose, mouth).

This virus is different than Covid-19 and not likely to cause a pandemic-level amount of spread. Transmission requires skin to skin contact with an infected person or animal. Death rates are low when infected people have adequate medical care.

Not sure what the symptoms of monkeypox are?

Monkeypox symptoms:

- Fever
- Headache
- Muscle aches
- Swollen lymph nodes in your throat or groin
- Chills and exhaustion
- Rashes/lesions

More information at www.cdc.gov/poxvirus/monkeypox/symptoms.html

What should you do if you think you have monkeypox?

If you have reason to believe you may have monkeypox, avoid crowds and close contact with others, including sexual or intimate contact, until seeing your healthcare provider.

- Symptoms usually last about two to four weeks.
- The time from exposure to onset of symptoms can be five to 21 days.
- The virus enters the body through broken skin, respiratory tract, or mucous membranes (eyes, nose, mouth).
- A person is contagious when they develop symptoms and until any rashes/lesions scab over and begin to heal.

How can you prevent getting monkeypox?

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox
 - Do not kiss, hug, cuddle or have sex with someone with monkeypox
 - Do not touch the rash or scabs of a person with monkeypox
- Avoid contact with objects and materials that a person with monkeypox has used.
 - Do not share eating utensils or cups with a person with monkeypox
 - Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.

- Although monkeypox is not considered a sexually transmitted disease, it is often transmitted through close, sustained physical contact, which can include sexual contact.

More information on safer sex practices and social gatherings can be found at www.cdc.gov/poxvirus/monkeypox/sexualhealth/index.html

Self-monitor and report symptoms:

Monitor yourself for symptoms and report if you test positive.

Please report positive cases to NDSCS Student Health and Wellness at 671-2286 (Riley Hall 113).

Monkey Testing and Vaccine availability, contact:

NDSCS Wahpeton

Richland County Health

Department

413 3rd Ave. N., Wahpeton

701-642-7735

Monday-Friday 8 a.m.-5 p.m.

Essentia Health

275 11th St. S., Wahpeton

701-642-2000

Monday-Friday 8 a.m.-5 p.m.

Sanford Health

332 2nd Ave. N., Wahpeton

701-642-7000

Monday-Friday 8 a.m.-5 p.m.

St. Francis Clinic

2400 St. Francis Dr., Breckenridge

218-643-0747

Monday-Friday 8 a.m.-7:30 p.m.

Saturday & Sunday 9 a.m.-5 p.m.

NDSCS-Fargo

Fargo Cass Public Health

1240 25th St. S., Fargo

701-241-1360

Monday-Friday

7:45 a.m.-4:30 p.m.

Essentia Health

3000 32nd Ave. S., Fargo

701-364-8000

Open 24 hours

Sanford Health

5225 23rd Ave. S., Fargo

701-417-2000

Open 24 hours

Is there a vaccine?

Yes. However, there is currently a limited supply, and the CDC does not recommend widespread vaccination against monkeypox. However, for those that are close contacts and/or contract the disease, vaccination may be recommended.

Where can you get more information on monkeypox?

www.health.nd.gov/monkeypox

www.knowtify.health.nd.gov/need-to-know-monkeypox/

www.cdc.gov/poxvirus/monkeypox/index.html

www.cdc.gov/poxvirus/monkeypox/response/2022/index.html



For more information related to monkeypox, please contact

NDSCS Student Health at 701-671-2286 or NDSCS.StudentHealth@ndscs.edu