

HEALTH EDUCATION

Monkeypox Updates from the NJDOH, CDC and WHO

The following information is the most current and up to date regarding the current Monkeypox outbreak as of 8/1/22. Please stay tuned to credible, current resources like the [New Jersey Department of Health](#), [the Centers for Disease Control](#) and the [World Health Organization](#). Click on each link or graphic to be taken to the real time file online with active links.

Monkeypox Key Facts



Monkeypox is a rare disease caused by the monkeypox virus.

Monkeypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness.

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact.



Symptoms

- Early flu-like symptoms of monkeypox can include fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion
- Rash appears within 1 to 3 days (sometimes longer) after fever, often beginning on the face then spreading to other parts of the body
- Illness usually lasts 2-4 weeks



Transmission

- Monkeypox can spread through:
 - Direct contact with monkeypox rash, sores or scabs
 - Contact with objects, clothing, bedding, towels, or surfaces used by someone with monkeypox
 - Respiratory droplets or oral fluids from a person with monkeypox
- Monkeypox can spread from the time symptoms start until all sores have healed, which can take several weeks



Diagnosis & Treatment

- Healthcare providers should be alert for patients with rash illnesses consistent with monkeypox, regardless of gender or sexual orientation, particularly those with travel history or other risk factors
- There is no specific treatment for monkeypox, although antivirals developed for use in patients with smallpox may be beneficial



Recommendations for the Public

- Risk to the general public is low
- Seek medical care immediately if you are concerned you have monkeypox
- Avoid close contact with sick people, including people with skin lesions or genital lesions



For More Information

- Contact your healthcare provider with medical questions
- Visit the [Centers for Disease Control and Prevention](#) website

Adapted from the Centers for Disease Control

June 5, 2022

Monkeypox Frequently Asked Questions

What is monkeypox?

Monkeypox is a rare disease caused by an infection with the monkeypox virus.

Monkeypox was first discovered in 1958 when two outbreaks of a pox-like disease

occurred in colonies of monkeys kept for research, hence the name “monkeypox.” The first case in humans was found in 1970 in the Democratic Republic of Congo. Since then, more cases have been found in central and western African countries with most infections being found in Democratic Republic of Congo. Rarely, monkeypox cases have been found in countries outside of Africa that were associated with international travel or importing animals from areas where the disease is more common. Monkeypox is a zoonotic disease, meaning that it can be spread from animals to people. The natural reservoir of monkeypox remains unknown.

Who gets monkeypox?

Anyone can get monkeypox, but most cases occur in central and western Africa. As of spring 2022, clusters of monkeypox cases have been seen in several countries that don't normally have cases of the disease including parts of Europe and North America. Most of the recent cases do not have direct travel exposure risks.

What are the symptoms of monkeypox?

The most common early symptoms are similar to the flu and may include: fever, headache, muscle aches, backache, swollen lymph nodes, chills.

As the infection continues, additional symptoms may include: blister-like rash (however, sometimes the rash appears before the early symptoms above), fever, drenching sweats, muscle aches, headache

The incubation period (time from being infected to the time symptoms appear) is usually 7-14 days, but can range from 5-21 days. People who have weak immune systems or skin conditions such as eczema may experience more serious illness or complications.

[For the full FAQ document, click here](#)

CDC & WHO Links and Guidance


- [CDC - Monkeypox](#)
- [CDC - 2022 US Map & Case Count](#)
- [CDC - Social Gatherings, Safer Sex and Monkeypox](#)
- [WHO - Monkeypox Fact Sheet](#)
- [WHO - Recovering From Monkeypox](#)

Number of Probable and Confirmed Cases in New Jersey as of 8/1
*NJ case counts may vary from CDC case counts based on reporting timeframes

160

July 28, 2022

Monkeypox Vaccination in New Jersey



Who can get vaccinated?

The vaccine for monkeypox is called JYNNEOS. With the current limited supply of JYNNEOS vaccine in New Jersey, the following residents may be eligible for vaccination*:

- People who have known contact with someone who tested positive for orthopoxvirus or monkeypox virus within past 14 days
(Contact your local health department to coordinate vaccination)
- People who attended an event where known monkeypox exposure occurred within past 14 days
(Make an appointment at a vaccine location) →
- People who identify as gay, bisexual, or men who have sex with men (MSM), and/or transgender, gender non-conforming, or gender non-binary and who have a history of multiple or anonymous sex partners within past 14 days
(Make an appointment at a vaccine location) →

*New Jersey is expecting additional doses from the Centers for Disease Control and Prevention (CDC) and as the State gets additional supply the Department will continue to expand access to the vaccine.

HIGH PRIORITY GROUPS

Residents who are eligible for vaccination and who also have a condition that may increase their risk for severe disease should be considered high priority for vaccination, including people who:

- Have a weakened immune system
- Have a history of atopic dermatitis or eczema

VACCINE LOCATIONS

Appointment only - No walk ins:

- Hyacinth AIDS Foundation/Project Living Out Loud, Jersey City: 201-705-3480
- The Prevention Resource Network, a program of the Visiting Nurse Association of Central Jersey, Asbury Park: 732-502-8100
- North Jersey Community Research Initiative (NJCRI), Newark: 973-483-3444, ext. 200

For more information visit <https://bit.ly/njpmox>