

WHAT YOU NEED TO KNOW ABOUT

MPV (Monkeypox)

VISUAL EXAMPLES OF MONKEYPOX RASH



Photo Credit: UK Health Security Agency



MPV (monkeypox) is a rare virus that spreads through skin-to-skin contact. Cases are typically mild and usually resolve on their own within 2 to 4 weeks. This is not a new illness, but an outbreak is happening across the U.S.

SYMPTOMS

- A rash that can look like pimples or blisters, that is often on the face or hands but can also be inside the mouth, on genitals, and on other parts of the body
- Fever and chills
- Headache or muscle ache
- Swollen lymph nodes
- Sore throat, congestion, or cough

Who can get this virus?

Anyone can get MPV, which is also often called monkeypox.

This is not a “gay disease,” but it is disproportionately affecting our LGBTQ2S+ relatives. The myth that MPV is a “gay disease” is dangerous because it will make many people wrongly believe they can’t catch it and increase violence against vulnerable people.

Additionally, MPV isn’t exclusively spread via sex. The virus spreads through a variety of intimate skin-to-skin contact, such as hugging, kissing, and snuggling.

How can I tell the difference between MPV and other skin conditions?

When it first appears, an MPV rash can look like a bug bite. But over the course of a week, a bug bite will slowly flatten and heal whereas MPV will raise and fill with fluid. Keep an eye on any new skin irritations and contact a trained medical provider if you need help evaluating new redness or spots.

How can I protect myself?

Wash your hands often and well. Avoid close physical contact with a person who has an active monkeypox infection. Also avoid handling dishes, bedding, clothing, and towels used by an infectious person.

What should I do if I think I have MPV?

Do not come in like usual and call us at 206-324-9360. We’ll help you make a plan and arrange testing if needed. Testing is available onsite at our International District clinic.

Who should get vaccinated for MPV?

Because the MPV vaccine supply is very limited, only certain high-risk groups are currently recommended to get vaccinated. In King County, the vaccine is recommended for:

- people who’ve had intimate skin-to-skin contact with someone who’s tested positive
- LGBTQ2S people with high risk of recent exposure, especially those who
 - are experiencing homelessness
 - have had early syphilis or gonorrhea in the past year
 - have recently used injection drugs
 - have had 10+ recent sexual partners
 - have recently visited a bathhouse or public sex venue



MPV (Monkeypox) rash over time



Stage 1 – Macule.

The rash starts as flat, red spots (lasts for 1-2 days).



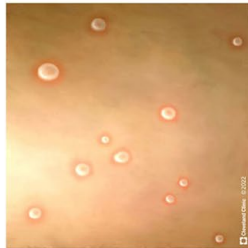
Stage 2 – Papule.

The spots become hard, raised bumps (lasts for 1-2 days).



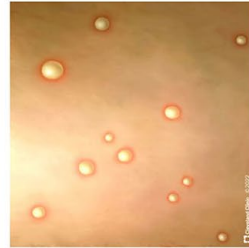
Stage 3 – Vesicle.

The bumps get larger. They look like blisters filled with clear fluid (lasts for 1-2 days).



Stage 4 – Pustule.

The blisters fill with pus (lasts for 5-7 days).



Stage 5 – Scabs.

The spots crust over and become scabs that eventually fall off (lasts for 7-14 days).



Photo Credit: NHS England High Consequence Infectious Diseases Network



Monkeypox lesions, United States 2022



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