

Monkeypox Information

- Anyone can get monkeypox.
- Monkeypox is often characterized by flu-like symptoms - fever, body aches, chills, fatigue, swollen lymph nodes - that progress to painful skin lesions, which typically begin in the genitals and often spread across the body.
- Monkeypox is rarely fatal and can be treated with prescription medication.
- Monkeypox is not a sexually transmitted disease, although it is spread through direct contact with an infectious individual, such as through kissing, sex, and other intimate contact. In extremely rare cases, Monkeypox also can be transmitted through contact with contaminated surfaces and materials (blankets, sheets, towels, etc.)
- Unlike COVID-19, monkeypox does not seem to spread through airborne transmission of the virus, and cases of transmission through casual physical contact are extremely rare.
- Monkeypox has an incubation period of between three and 17 days from exposure and individuals are infectious once their symptoms appear until their symptoms of fever, chills, and swollen lymph nodes have resolved. The lesions need to be covered until the scabs of any rashes have fallen off and the skin has healed - which can be a period of three to four weeks. The CDC guidance calls for individuals with monkeypox to isolate until the fever, chills, and swollen lymph node symptoms have resolved. Union College intends to follow CDC guidance should there be a case of monkeypox in our community.

Monkeypox is not nearly as contagious as COVID-19 and many other infectious diseases, and most people are not at serious risk of contracting the disease at the present time. At the same time, monkeypox vaccines are extremely limited and largely reserved for those at the greatest risk of contracting the disease.

Prevention Steps

Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.

- Do not touch the rash or scabs of a person with monkeypox.
- Do not kiss, hug, cuddle or have sex with someone 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.

- 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.

What to do if you have symptoms

Students- contact Health Services for a risk assessment. 518-388-6120 or ucheathcenter@union.edu