

# Monkeypox FAQ's - Quick Reference

Note: The medical community is still studying this virus. Therefore, this information is subject to change.

## WHAT IS IT?

A viral zoonosis (a virus transmitted to humans from animals). Its presentation is similar to smallpox.

## SIGNS & SYMPTOMS

Flu type symptoms followed by rash within 1 - 4 days. A rash which may look like pimples or blisters.

## HOW DOES IT SPREAD?

**Animal-to-human (zoonotic) and vice versa transmission can occur from direct contact with the blood, bodily fluids, or cutaneous or mucosal lesions of infected animal.**

Human-to-human transmission can result from:

- direct contact with the infectious rash, scabs, or body fluids
- respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex.
- touching items (such as clothing or linens) that previously touched the infectious rash or body fluids.

## INCUBATION PERIOD

This is the period from Infection to 1st symptom onset. It varies from person to person, but ranges from 5 - 12 days.

## HOW LONG DOES THE ILLNESS LAST?

The illness typically lasts 2-4 weeks.

## INFECTIOUS PERIOD

**An individual was initially considered infectious from the 1st symptoms OR 5 days prior to the rash and up until the lesions have healed. However, recent studies suggest that a person may be asymptomatic but still infectious. Most contagious when you have symptoms or distinctive rash.**

## TREATMENTS

There is no specific medicine for monkeypox. Antiviral drugs and vaccines developed for smallpox are being used to treat monkeypox.

## HOW DO I PROTECT MYSELF?

- Avoid close contact with infected persons.
- Do not handle or touch the bedding, towels, or clothing of an infected person.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Educate yourself and others about symptoms & presentation for to help with early recognition.

## I THINK I HAVE MONKEYPOX, WHAT SHOULD I DO?

- Isolate yourself from others.
- Contact your healthcare provider for advice, testing & medical care.

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### I am experiencing flu like symptoms, but I don't know if it is Monkeypox. What should I do?

1. Get a Covid-19 PCR test to rule out Covid and begin isolation.
2. If your Covid results come back positive, follow the protocols for I've just tested positive for Covid-19.
3. If your Covid results are negative, continue to isolate for up to 4 days after your 1st symptom and contact your healthcare provider for advice, testing & medical care.
4. If you develop a rash during isolation, contact your healthcare provider immediately for advice, testing & medical care

### I have tested positive for Monkeypox. What are my next steps?

Isolate and contact your healthcare provider for advice, testing & medical care.

### I have had skin-to-skin or close face-to-face contact with someone who has monkeypox. What should I do?

1. Monitor yourself for symptoms
2. Should you develop symptoms, contact your healthcare provider for advice, testing & medical care.

### How do I protect myself from contracting Monkeypox?

1. Avoid close contact with infected persons
2. Do not handle or touch the bedding, towels, or clothing of an infected person.
3. Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
4. Educate yourself and others about symptoms & presentation to help with early recognition

### Should the wardrobe staff wear gloves?

1. This is advisable as it gives an additional barrier and sense of safety.

### Am I eligible for a Monkeypox vaccine? Where can I get one?

1. For Monkeypox eligibility and scheduling, please see NYC Health or text "monkeypox" to 69269.

### Is the vaccine effective?

1. Yes, 1 dose 80% effective, 2 dose 100% protection.
2. If you ever had smallpox vaccine, you're already 85% protected.
3. Getting vaccine prophylactically (post exposure) is effective if taken early enough.

### What is Ailey doing to prevent the spread of Monkeypox?

1. Increasing the daytime cleaning (i.e. door handles, railings, bathrooms)
2. Providing electrostatic spraying in the studios (A machine that sprays disinfectant that adheres easier and sticks to environmental surfaces)
3. Placing wipes in the studio so that everyone can wipe the barres when they enter

### Do I need to be tested for Monkeypox?

1. You only need to be tested if you have symptoms of illness and a rash.

### Where can I get tested for Monkeypox?

1. Monkeypox testing is now available at several commercial laboratories, including [LabCorp](#), [Mayo Clinic Laboratories](#), [Aegis Science](#), [Sonic Healthcare](#) and [Quest Diagnostics](#) (which recently received approval from the NY State Clinical Laboratory Evaluation Program). Refer to their websites for details on specimen collection and submission criteria, which may differ among laboratories.



### How long am I expected to be out of work?

1. Recovery for Monkeypox rashes from 2-4 weeks.

### Can I get Monkeypox from partnering, touching, floor work or sweating on my dance partner?

1. Yes, it is possible. Monkeypox is transmitted via direct contact with the infectious rash, scabs, or body fluids or touching items (such as clothing or linens) that previously touched the infectious rash or body fluids.

### What should I do if I have open sores from a cut or scrape, but it is not a Monkeypox lesion?

1. All open sores should be covered with clean bandages.
2. If you developed an open sore 1-4 days after experiencing illness (fever, swollen lymph nodes, etc.), then get tested for Monkeypox immediately and begin isolation

### Can I get infected by sharing communal products/shared clothing etc?

1. Yes, Monkeypox can be transmitted by touching items (such as clothing or linens) that previously touched the infectious rash or body fluids.

### Will the protocol change to enter the Ailey building?

1. This currently no plan to change our entry protocols. However, this is subject to change as we learn more about the virus.

### Do I need to notify my employer if I am infected?

1. Yes. Please email the head of your department to inform them of the situation.

### Do I need to wear long sleeves clothing in rehearsals?

1. Long sleeves are not required but do provide more skin protection.

### Can people still have monkeypox and not have symptoms?

1. Yes, recent studies have shown that an individual can be asymptomatic and still test positive.

### What are the treatments of Monkeypox?

1. Tylenol, Lidocaine, and other pain relievers can be used for symptom relief. T-pox which requires medical prescription, is a medication for smallpox that is currently being used to treat Monkeypox. However, it has side effects, consult with your healthcare provider for more details.
2. Only diagnosis is to culture lesion (no blood test). Requires MD appt.

### What does Monkeypox look like?



### Other resources:

1. [NYC Health](#)
2. [CDC- Monkeypox](#)
3. [World Health Organization- Monkeypox](#)
4. [NY Times- Monkeypox](#)