



Monkeypox

This toolkit is to help inform Alameda County residents about monkeypox and how they can reduce their risk and prevent spreading the virus.

Monkeypox is a rare viral infection first identified in 1958. In most countries, cases are rarely seen in people who have not traveled to Central or West Africa, where the virus is endemic (regularly found). However, since May 2022, there has been an uptick in cases among people who have not visited Africa, including in Europe and North America, and here in California.

Monkeypox is spread by close physical contact (including sexual contact) with someone who has symptoms or by touching contaminated items, like clothing and bedding. It can cause flu-like symptoms and/or a distinct rash that can be bumpy or fluid-filled on the face, body, genitals, arms, and legs. It may also be limited to one part of the body.

If you have symptoms of monkeypox, isolate yourself from others and contact a health care provider right away to be evaluated. **Currently, the risk of getting monkeypox for the general public is very low** unless they engage in higher-risk behaviors. Having sex with multiple sex partners can increase a person's risk of becoming infected when monkeypox is spreading in the community.

Use this toolkit to help your audience understand monkeypox.

Share the following tools:

- [Alameda County Public Health](#)
- [Alameda County Public Health Deputy Director Video](#)
- Social Media Messages
- ACPHD Fact Sheet
- ACPHD Poster
- UC Davis Health Video: [What is Monkeypox? Symptoms, Transmission and Vaccination Questions Answered](#)

Additional resources:

[CDPH Monkeypox Information Page](#)

[CDPH Monkeypox Q&A](#)

[CDC U.S. Monkeypox 2022: Situation Summary](#)



Social Media

Click on the image to enlarge, then right-click and “save as”

Images for carousel:





How can you protect yourself from monkeypox?

- Stay away and avoid intimate and physical contact with anyone who has symptoms.
- Talk openly with your partner/s about symptoms prior to intimate physical contact.
- Clean hands, objects, surfaces, bedding, towels, and clothes if they encounter someone with symptoms.



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT

If you have symptoms,
isolate from others and
contact a health care
provider right away.



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT

What is Monkeypox?

Suggested Twitter Messaging: Monkeypox is a rare viral infection but there has been a recent uptick in cases. Monkeypox can cause flu-like symptoms followed by a distinct rash, lesions, and bumps on the body. However, the risk of getting monkeypox is currently very low.

Alameda County is ready to respond as more cases are investigated.

<https://acphd.org/programs-and-services/monkeypox/>

Monkeypox signs/symptoms, transmission and prevention

Suggested Messaging for Facebook and/or Instagram:

Monkeypox is a rare viral infection, but there is a recent uptick in cases in countries where cases don't regularly occur, including in the Bay Area.

Monkeypox is spread through prolonged skin-to-skin contact and bodily fluids, such as through crowded settings or sexual contact. It can cause flu-like symptoms and a rash that can be bumpy or fluid-filled on the face, body, genitals, arms, and legs. It may also be limited to one part of the body.



Communications Toolkit

If you have symptoms of monkeypox, isolate yourself from others and contact a health care provider right away to be evaluated. Currently, the risk of getting monkeypox is very low unless engaging in higher-risk behaviors. Having sex with multiple sex partners can increase a person's risk of becoming infected when monkeypox is spreading in the community.

For more information about monkeypox, visit <https://acphd.org/programs-and-services/monkeypox/>

Monkeypox is a rare disease that is spread by close physical and sexual contact with infected people who have symptoms, like rash, bumps, preceded by flu-like illness. Though the risk of getting monkeypox is low, there is a recent uptick in cases in places that normally don't see the disease, including California.

To learn more about monkeypox and how you can protect yourself and others, go to:

<https://acphd.org/programs-and-services/monkeypox/>

<https://bit.ly/MonkeypoxQA>

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Monkeypox isn't new, but it's new to our area. It starts with flu-like symptoms and can spread through kissing, sharing bedding, and sex. Sex with multiple partners can increase the risk of becoming infected.

Symptoms? Contact a health care provider.

<https://acphd.org/programs-and-services/monkeypox/>

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Having sex with multiple partners and skin-to-skin contact with someone in a social network experiencing monkeypox activity, including men who have sex with men who meet partners through websites, apps, or parties, increases risk for becoming infected.

<https://acphd.org/programs-and-services/monkeypox/>

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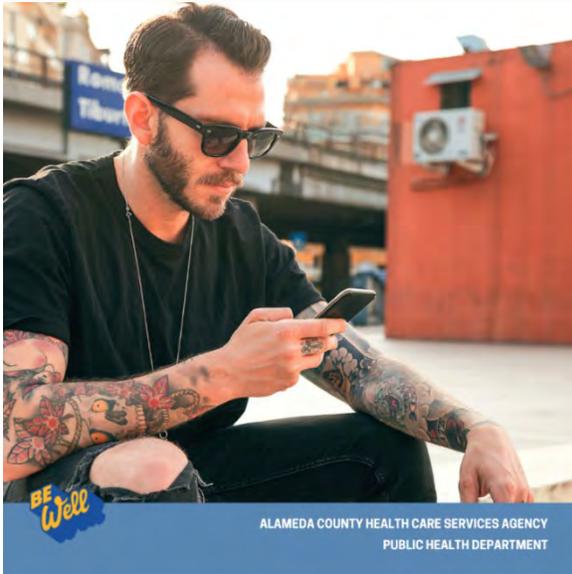
New monkeypox cases are appearing within networks of self-ID'ed gay and bisexual men, trans people, and men who have sex with men, placing them at higher risk. People of any sexual orientation or gender identity can become infected or spread monkeypox.



Alameda County
Health Care Services Agency

Communications Toolkit

<https://acphd.org/programs-and-services/monkeypox/>





WHAT GAY & BISEXUAL MEN NEED TO KNOW ABOUT MONKEYPOX

Cases have been detected among gay and bisexual men but **not exclusively**

WHAT IS MONKEYPOX?

Monkeypox is a viral infection transmitted through close personal contact, including kissing, sex, and other skin-to-skin contact.

WHAT ARE THE SYMPTOMS?

RASH, BUMPS, OR BLISTERS
These may appear anywhere on the body, including the genitals. This may look similar to syphilis, herpes, or other common skin rashes.

OTHER SYMPTOMS

- FEVER & HEADACHES**
- MUSCLE ACHES**
- SWOLLEN LYMPH NODES**

Symptom onset ranges from 5-21 days

WHAT YOU CAN DO



STAY INFORMED

Remain calm. This is a rapidly changing situation. Visit CDC or CDPH websites for up-to-date guidance.



CONTACT

If you have symptoms, call (do not visit) your health care provider, and ask about testing.



TAKE A BREAK

If you have symptoms, stay at home, wear a mask, and cover sores to protect others.

Updated: June 2022



ANYONE CAN GET MONKEYPOX

Blaming any one community may harm public health efforts and cause providers to miss monkeypox in other people.

Get the latest updates & downloadable files from Gay Sexuality & Social Policy Initiative @ UCLA Luskin gaysexresearch.com



What is Monkeypox?

Monkeypox is a virus that appears as a distinctive rash, and spreads through close contact skin to skin, sex, kissing, and prolonged breathing at close range.



Fig. 10000. Monkeypox rash. CDC/PHILIP ABRAHAM

How to protect yourself:

- Cover exposed skin in crowds
- Don't share bedding or clothing
- Ask close physical contacts about recent rashes or sores
- Stay aware when traveling to outbreak countries

See a health care provider right away if you have a rash, or if you have been in contact with someone who has monkeypox. Stay home if you feel sick.



For more info, visit <https://aaphd.org/programs-and-services/monkeypox/>

