

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.

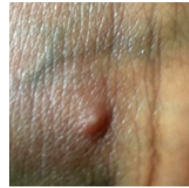


Image Source:
cdc.gov/poxvirus/
monkeypox/sympt
oms.html

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



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT