



MPX (Monkeypox)

Your child may have been exposed to this disease on _____.
Date(s)

Please check your child for symptoms through _____.
Date

If my child has this disease, when can he or she return to school or child care?

Children may return to school or childcare when they no longer sick and the lesions have scabbed over and separated, and a fresh layer of skin has formed at lesion sites

MPX is a rare disease that is caused by infection with the MPX virus. MPX virus is part of the same family of viruses as variola virus, the virus that causes smallpox. MPX symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. MPX is not related to chickenpox.

MPX symptoms usually start within 3 weeks of exposure to the virus. The illness typically lasts 2-4 weeks.

Symptoms are:

- Fever
- Headache
- Body ache
- Swollen lymph nodes
- Rash

MPX often starts with symptoms like the flu, with fever, low energy, swollen lymph nodes, and general body aches. Within 1 to 3 days (sometimes longer) after the appearance of fever, the person can develop a rash or sores. The sores will go through several stages, including scabs, before healing. They can look like pimples or blisters and may be painful and itchy.

What can I do now?

Watch your child for symptoms of MPX. Most people recover within a couple weeks on their own. If your child is sick, it is important that they be seen by their provider for evaluation.

If your child gets sick, prevent others from getting ill by:

- Keeping your child home while they are symptomatic
- Telling your child to sneeze and cough into the arm or shoulder, not the hand
- Avoid direct skin-to-skin contact with the sores or scabs
- Instructing other people in the home to avoid touching their face without washing their hands first.

How is MPX spread?

- Direct skin-to-skin contact with the sores or scabs of people with MPX
- Direct contact with body fluids of people with MPX, such as drainage from skin sores or saliva that was in contact with mouth sores
- Contact with the respiratory secretions of people with MPX, such as saliva, during prolonged, face-to-face contact or during intimate physical contact, such as kissing, cuddling, or sex
- Touching items (such as bedding towels, clothing, cups and utensils) that previously touched the sores or body fluids of people with MPX

MPX can spread from the time symptoms start until all sores have healed, scabs are off and a fresh layer of skin has formed underneath. This can take several weeks.

As with many germs, washing hands well and often, masking, and avoiding contact with sick people and animals can help protect someone from getting sick.

