



## Guidance Note – Monkeypox

August 2022

Due to a recent increase of Monkeypox cases, we have created this guidance note to bring some relevant information together.

### What is Monkeypox

Monkeypox is a rare disease that is caused by the monkeypox virus and is most commonly seen in central and west Africa. Monkeypox is usually mild and most people recover within a few weeks without treatment, but, if your symptoms are more severe and you become unwell, you may need treatment in hospital. There has been a recent increase in cases in the UK, but the risk of catching it is low

The first symptoms of monkeypox include:

- fever
- headache
- muscle aches
- backache
- swollen lymph nodes
- chills
- exhaustion
- rash

### How does it spread?

Monkeypox can be passed on from person to person through:

- any close physical contact with monkeypox blisters or scabs (including during sexual contact, kissing, cuddling or holding hands)
- touching clothing, bedding or towels used by someone with monkeypox
- the coughs or sneezes of a person with monkeypox when they're close to you
- Touching objects, fabrics and surfaces that have been used by someone with monkeypox.

You're extremely unlikely to have monkeypox if:

- you have not been in close contact (such as touching their skin or sharing towels, clothes or bedding) with someone who has monkeypox or has monkeypox symptoms
- you have not recently travelled to west or central Africa

### Advice

It is very unlikely that you will catch monkeypox within a facility, however, we would recommend that the below actions are maintained.

- High cleanliness protocols throughout facility (including touch points)
- No sharing of towels
- Maintaining that towels are washed thoroughly in between use

If you feel you may have monkeypox, please contact your GP or call 111



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**For further information:**

- <https://www.nhs.uk/conditions/monkeypox/>
- <https://www.cdc.gov/poxvirus/monkeypox/transmission.html>
- <https://www.gov.uk/government/collections/monkeypox-guidance>
- [https://www.who.int/health-topics/monkeypox#tab=tab\\_1](https://www.who.int/health-topics/monkeypox#tab=tab_1)