

# What CC Tigers should know about:

# MONKEY POX

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Monkeypox (MPV) is a painful and potentially serious viral infection spread through skin-to-skin contact (e.g., sexual contact, sharing clothes, etc.) with an infected individual's body fluids or lesions.



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MPV is **NOT** as contagious as COVID-19 and the general public is at a fairly low risk of contracting it.

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Symptoms generally start 1-2 weeks after exposure and may include a flu-like illness with fever, headache, muscle aches, exhaustion, and/or swollen lymph nodes. A rash which can look like blisters, sores, or pimples typically occurs a few days later.

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Those who think they might have been exposed to MPV or are showing symptoms should contact Student Health Services right away for testing and treatment options: **719-389-6384**

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To prevent MPV:

- Wash hands with soap and water, or hand sanitizer frequently throughout the day and especially after touching others.
- Talk with your sexual partners about their history and health (e.g., recent rashes or sores). Casual sexual encounters could put you at a greater risk of contracting MPV. Protective barriers are always a good idea but might not offer full protection against MPV.
- Avoid contact with objects, fabrics or materials (e.g., bedding, clothes, towels) that have been in contact with an infected person.