

Staying healthy during international travel

HEADING

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HEALTHY

MONKEYPOX

WHAT YOU NEED TO KNOW

- Monkeypox is a virus that spreads through close personal, often skin-to-skin contact. It also spreads through handling personal items like clothing and linens from an infected person.
- Monkeypox commonly causes flu-like symptoms and a rash that can look like pimples or blisters.



HOW TO PREVENT MONKEYPOX

- Wash your hands often with soap and water or an alcohol-based hand sanitizer.
- Avoid close skin-to-skin contact with people who have a rash that looks like monkeypox.
- Do not touch or handle the clothing, towels, or bedding of a person with monkeypox.

SEEK MEDICAL ATTENTION IF YOU DEVELOP SYMPTOMS

Monkeypox cases are increasing worldwide.
Stay up to date by visiting [cdc.gov](https://www.cdc.gov)



For additional resources, visit www.headinghomehealthy.org