



# Monkeypox: What you need to know

Monkeypox is a rare viral infection. Recently, we have seen a number of cases in the UK.

The infection can spread through close physical contact, like kissing, skin-to-skin, sex or sharing things like bedding and towels.

## The signs and symptoms are:

- Recent unexpected/unusual spots, ulcers or blisters anywhere on your body
- Fever
- Headaches
- Muscle aches
- Chills and exhaustion
- Swollen glands

## You can help stop the spread of Monkeypox:

- If you or any recent partners have developed unexpected or unusual spots, ulcers or blisters on any part of your body, including your face or genitals get in touch with your local sexual health service as soon as possible. You will be treated sensitively and confidentially.
- Avoid close physical contact with others until you have had medical advice. This will minimise the chance of passing it on.



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