

Maine CDC Monkeypox FAQ

Updated 8/4/2022

1. What is monkeypox?

Monkeypox is a viral disease related to smallpox. Monkeypox is spread through:

- Direct contact with infectious rash, scabs, or body fluids.
- Respiratory droplets during prolonged face-to-face contact such as kissing, or during intimate contact, such as cuddling or sex.
- Touching contaminated items (such as clothing or bedding) that have previously touched an infectious rash or body fluids.

Monkeypox can cause a rash or sores and in some cases, flu-like symptoms. Monkeypox sores can be painful but rarely lead to severe illness, hospitalization, or death.

Monkeypox is currently a worldwide epidemic, mostly affecting men who have sex with men. The risk of monkeypox in the US is believed to be low.

2. Are there cases of monkeypox in Maine?

Yes, you can find information on the number of cases of monkeypox in Maine at

www.maine.gov/dhhs/monkeypox.

3. What can I do to prevent getting monkeypox?

To help prevent monkeypox:

- Avoid close, skin-to-skin contact with others who have a rash, sores, or scabs.
- Do not kiss, cuddle, hug, or have sex with someone who has a rash, sores, or scabs.
- Do not share eating utensils, towels, clothes, or bedding with someone who has a rash, sores, or scabs.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

4. What should I do if I may have been exposed to monkeypox?

Contact your healthcare provider for assessment if you believe you may have been exposed to monkeypox.

5. What should I do if I develop monkeypox symptoms?

Contact your healthcare provider if you experience a new or unexplained rash. During this time, isolate at home and avoid contact with other people and pets until assessment from your healthcare provider.

6. What should I do if I have monkeypox?

If you have monkeypox, isolate at home. If you develop a rash or other symptoms, stay in a separate room away from other people and pets. You should stay isolated in a separate room until your fever resolves, the scabs have crusted over, and the crusts have fallen off. The illness typically resolves within 2-4 weeks. If you experience severe symptoms, contact your healthcare provider.

7. Is there a treatment for monkeypox?

Yes, there is treatment for monkeypox. If you are experiencing severe symptoms or are at risk of severe illness, talk to your healthcare provider about *TPOXX* treatment.

8. Is the monkeypox vaccine available in Maine?

Yes. The State of Maine has a small number of doses of the monkeypox vaccine called Jynneos. Due to the limited supply, Jynneos doses will be provided to:

- Individuals who have been exposed.
- Individuals who are at high-risk of being exposed.
- Individuals who are at high risk of developing severe illness.

9. Am I eligible for the monkeypox vaccine?

Eligibility for the monkeypox vaccine is currently limited. Certain STI clinics throughout the state will refer the highest-risk patients for vaccination. As of now, the criteria for eligibility include:

- Close contacts of confirmed monkeypox cases.
- People who are age 18 years and older who are gay, bisexual, or other men who have sex with men, and/or transgender, gender non-conforming, or gender non-binary **AND** have had multiple male partners in the last 14 days **AND** have at least one of the following:
 - Recent partner in the past 14 days showing symptoms of monkeypox (rash, sores) but not diagnosed, or
 - Recent partner arranged through online apps/social media (e.g., Grindr, Tinder, Scruff) or large gatherings (clubs, sex parties, bathhouses), or
 - Has a condition that increases risk for severe monkeypox disease (e.g., HIV/AIDS, other immunocompromising condition, severe case of skin disease from atopic dermatitis or eczema).

10. Where can I get a monkeypox vaccine?

The State of Maine is partnering with STI and HIV clinics across the state to administer the monkeypox vaccine. You can find an updated list of clinics offering monkeypox vaccine at www.maine.gov/dhhs/monkeypox.

11. When am I considered fully vaccinated against monkeypox?

The Jynneos vaccine requires two doses, given 28 days apart. You are considered fully vaccinated 14 days after the second dose.

For more information, visit www.maine.gov/monkeypox or <https://www.cdc.gov/poxvirus/monkeypox/faq.html>.