

The University of Tampa is monitoring the monkeypox variant outbreak and is working with public health officials to ensure people who need care have access to it.

Monkeypox is not a very contagious disease, and the risk of contracting monkeypox is low. Human-to-human transmission requires prolonged, face-to-face contact, direct contact with someone who has an active rash, or indirect contact with an active rash through contaminated items such as clothing, towels and blankets. Most monkeypox cases cause mild illness. Severe illness and death from it are rare.

UT will update the campus community about monkeypox as necessary.

For more information on prevention strategies, symptom recognition and treatment for monkeypox, click [here](#).

If you think you have monkeypox or have been exposed to monkeypox, call the UT Dickey Health and Wellness Center at (813) 253-6250.

FAQ

What is monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus and is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are like smallpox symptoms, but milder, and is rarely fatal.

What are the symptoms for monkeypox?

Monkeypox usually starts with flu-like symptoms (e.g., fever, chills, headache, tiredness, muscle aches) and swelling of the lymph nodes. It evolves into a rash on the face and body. The rash goes through various stages before healing fully. The illness typically lasts 2-4 weeks. It can take between 5 and 21 days to show symptoms of monkeypox after infection.

If you are experiencing a new or unexplained rash or other monkeypox symptoms, seek immediate medical attention. Avoid close contact with others until a healthcare provider examines you.

Am I at risk of getting monkeypox?

Currently, the risk of contracting monkeypox is low. Monkeypox does not spread easily between people; however, anyone in close contact with a person with monkeypox can get it and should take steps to protect themselves. People who do not have monkeypox symptoms cannot transmit the virus to others.

How does monkey spread?

Monkeypox spreads in different ways. The virus can be transmitted from person-to-person through direct contact with the infectious rash, scabs or body fluids. It also can spread through respiratory secretions during long, face-to-face contact, or

during intimate physical contact, such as kissing, cuddling or sex. In addition, pregnant people can spread the virus to their fetus through the placenta.

Direct contact with infected materials, such as an infected person's clothing or linens, is another way monkeypox spreads. It is also possible, yet rare, that people contract monkeypox from infected animals, either by being scratched or bitten by the animal or by eating meat or using products from an infected animal.

What should I do if I think I have been exposed to monkeypox?

If you think you have monkeypox or you are exposed to someone with monkeypox, contact your healthcare provider.

How can monkeypox be prevented?

The risk of monkeypox to the public is low. The CDC encourages people to [take the following steps to prevent getting monkeypox](#):

- Avoid close, skin- to- skin contact with people who have a rash that looks like monkeypox.
- Do not touch the rash or scabs of person with monkeypox.
- Do not kiss, hug, cuddle or have sex with someone with monkeypox.
- Do not share utensils or cups with a person with monkeypox.
- Do not manage or touch the bedding, towels or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

Is there a vaccination for monkeypox?

Yes. The CDC recommends [vaccination](#) for people who have been exposed to monkeypox and people who are at a higher risk of being exposed to monkeypox.

What do I do if I have been diagnosed with monkeypox?

You should isolate at home. If you have an active rash or other symptoms, stay in a separate room or area away from people or pets you live with, when possible.