

## Monkeypox information for Practice Websites

Monkeypox is a rare infectious disease, but there are a number of cases in the UK. That number is rising.

Monkeypox is a viral infection usually associated with travel to West Africa. It is usually a mild self-limiting illness, spread by very close contact with someone with monkeypox and most people recover within a few weeks.

The virus can spread if there is close contact between people and the risk to the UK population is low. However, recent cases are predominantly in gay, bisexual and other men who have sex with men and as the virus spreads through close contact, we are advising these groups to be alert to any unusual rashes or lesions on any part of their body, especially their genitalia, and to contact a sexual health service if they have concerns.

Information video from UKHSA <https://vimeo.com/713281370>

### Symptoms

- Unusual rashes or lesions on the body such as the face or genital area
- Fever
- Muscle aches
- Chills and exhaustion
- Headaches
- Swollen lymph nodes

If you think you have monkeypox symptoms – however mild:

- Contact NHS 111 or call Leeds Sexual Health Service immediately. Your call will be treated sensitively and confidentially.
- Avoid close personal or sexual contact with others until you know that this is not monkeypox.

Please contact any clinics ahead of your visit and avoid close contact with others until you have been seen by a clinician. Your call or discussion will be treated sensitively and confidentially.

If you want to know more about Monkeypox please go to

<https://www.nhs.uk/conditions/monkeypox/>

