

Tribal Health Department

Disease Surveillance Program

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Health Advisory Notice

The Tribal Health Department has confirmed 1 Monkeypox case in the Gila River Indian Community.

Monkeypox is a viral illness that primarily spreads through skin-to-skin contact, although it can also spread through respiratory secretions during prolonged, face-to-face contact. Monkeypox can be acquired by all people, regardless of gender, identity or sexual orientation.

How it spreads

- Close contact with an infected person. The virus can enter the body through broken skin and mucous membranes, through the eyes, nose, mouth or respiratory secretions, or sexual contact.
- Touching clothing and bedding used by someone with rash.
- Contact with infected animals such as monkeys, rats and squirrels through a bite or contact with the animal's bodily fluids.

Signs and symptoms

- It may take 5 to 21 days to develop symptoms after exposure.
- Initial symptoms include fever, headaches, swollen glands, back pain, muscle aches. These symptoms often are accompanied by a pimple-like or blister-like rash.
- Most cases are mild, sometimes resembling chickenpox, and clear up on their own within a few weeks, though this may take up to 14-21 days.
- The severity of the illness will depend on the initial health of the individual, the route of exposure, and the strain of the infecting virus.

What to do if infected or suspect you were infected

- Seek medical attention immediately if you have fevers, body aches, and swollen glands, accompanied with a rash.
- Contact your healthcare provider for evaluation if you feel sick and have: Traveled to countries where monkeypox cases have been reported, have had contact with a person who has a similar rash or received a diagnosis of confirmed or suspected monkeypox, if you are a male who has had close or intimate in-person contact with other men in the past month.
- Outbreaks can be controlled by avoiding contact with infected person. Monkeypox vaccine is available through Gila River Health Care and effective in preventing infection. Certain Antiviral drugs may also help.

Contact the Gila River Health Care at (520) 550-6079 to speak to a healthcare provider.

Visit <http://grhc.org/monkeypox/> or <https://www.cdc.gov/poxvirus/monkeypox/> for more information.