



281 LaClair Street,  
Coos Bay, OR 97420  
p. 541-266-6700  
f. 541-888-8726  
TTY Relay 711

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## **FOR IMMEDIATE RELEASE**

### **First Confirmed Monkeypox (hMPXV) Case in Coos County**

We regret to report that Coos County has its first confirmed case of the Monkeypox Virus.

#### **Symptoms of monkeypox can include:**

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)
- A rash that may be located on or near the genitals or anus but could also be on other areas like the hands, feet, chest, face, or mouth.
  - The rash will go through several stages, including scabs, before healing.
  - The rash can look like pimples or blisters and may be painful or itchy.

#### **You may experience all or only a few symptoms**

- Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.
- Most people with monkeypox will get a rash.
- Some people have developed a rash before (or without) other symptoms.

Monkeypox symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later. Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.

While there is a vaccine, it is not widely available and reserved for people who have had close contact with someone diagnosed with monkeypox within the past 2 weeks.

#### **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 a person with monkeypox.
  - Do not kiss, hug, cuddle or have sex with someone with monkeypox.
- Avoid contact with objects and materials that a person with monkeypox has used.
  - Do not share eating utensils or cups with a person with monkeypox.
  - Do not handle 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, especially before eating or touching your face and after you use the bathroom.

**Dr. Eric Gleason MS**

**Deputy Director**

*Pronouns: He/Him/His*

**Coos Health & Wellness**

Together, inspiring healthier communities

281 LaClair St. Coos Bay, OR 97420

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