



Walnut Hill College

Founded in 1974 as The Restaurant School

What is Monkeypox?

[According to the CDC](#), Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

What are the Symptoms of Monkeypox?

Symptoms include:

- fever,
- headache,
- sore throat,
- cough,
- chills,
- painful rash.

How Monkeypox is Spread?

Human-to-human transmission of monkeypox virus occurs by direct contact with lesions or infected body fluids, or from exposure to respiratory secretions during prolonged face-to-face contact. A person is considered to be infectious until there is full healing of the rash with formation of a fresh layer of skin.

Monkeypox is very different from COVID-19 given that it is highly unlikely for campuses to see widespread transmission simply through students and staff occupying the same living and learning spaces. You are encouraged to visit the CDC's website for additional information on [how monkeypox is spread](#).

How to Prevent Monkeypox

Although anyone, regardless of sexual orientation or gender identity, who has been in close, personal contact with someone who has monkeypox is at risk. According to the CDC, data suggests that gay, bisexual, and other men who have sex with men make up the majority of cases in the current monkeypox outbreak.

Following the recommended prevention steps and getting vaccinated if you were exposed to monkeypox or are at higher risk of being exposed to monkeypox can help protect you and your community. Residential Learning students should be certain to maintain a clean room regularly disinfecting your living areas. All students should:

For additional [prevention steps](#), closely follow the CDC recommendations and guidelines.

What to do if you are Sick

Students who are diagnosed with monkeypox should email the Executive Vice President, David E. Morrow, Ed.D. at dmorrow@walnuthillcollege.edu for additional guidance. Individuals diagnosed with monkeypox should be prepared to leave campus and isolate for an extended period of time.

According to the CDC, there is no treatment specifically for monkeypox. Because the viruses that cause monkeypox and smallpox are closely related, drugs and vaccines developed to treat and protect against smallpox may be effective for monkeypox.

However, the type of treatment for a person with monkeypox will depend on how sick someone gets or whether they're likely to get severely ill. Most people with monkeypox recover fully within 2 to 4 weeks without the need for medical treatment.

Caring for Yourself

The CDC offers the following guidance on caring for yourself should be become infected.

- Use gauze or bandages to cover the rash to limit spread to others and to the environment.
- Don't lance (pop) or scratch lesions from the rash. This does not speed up recovery and can spread the virus to other parts of the body, increase the chance of spreading the virus to others, and possibly cause the open lesions to become infected by bacteria.
- Do not shave the area with the rash until the scabs have fallen off and a new layer of skin has formed. Shaving can spread the virus and cause more lesions.
- Keep skin lesions/rash clean and dry when not showering or bathing.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.
 - If you have rash on your hands, be careful when washing or using sanitizer so as not to irritate the rash.
- If you have rash on your hands, wear gloves that are non-irritating when handling common objects or touching surfaces in shared spaces. If you can, use disposable gloves that can be discarded after each use (e.g., latex,

polyurethane, or nitrile gloves). Reusable gloves should be washed with soap and water between use.

- Wear a well-fitting mask around other people until the rash and all other symptoms have resolved.
- Eat healthy and get plenty of rest to allow your body to heal.