



11 August 2022

learn the facts about  
**Monkeypox**  
in 5 minutes

### Did you know?

The world, including South Africa, is experiencing an outbreak of a disease called monkeypox.

Invest just **5 minutes** of your day to prevent yourself from getting monkeypox and possibly spreading it, by reading the facts below.

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## Monkeypox Fact Sheet

### What is monkeypox?

- Monkeypox is a disease caused by a virus
- It is rarely fatal, and is not caused by monkeys
- Before 2022, monkeypox occurred mostly in people in some countries in central and western Africa
- In 2022, thousands of people in many other countries around the world have become infected with monkeypox

### Symptoms of monkeypox include

- A rash or blister-like lesions (wounds) on the face, feet, hands, genitals and elsewhere
- Swollen lymph nodes (sometimes)
- Fever
- Headache
- Muscle and back ache
- Chills

### How do you get monkeypox?

- A person can get monkeypox through close contact with someone who is already infected with the monkeypox virus or with their personal items, such as bed linen, eating utensils, etc
- In South Africa, animal to human transmission is very unlikely

### What monkeypox is not

- Anyone can get monkeypox – it does not discriminate on the basis of sexual orientation, gender identity, race or other characteristics
- Monkeypox is not a sexually-transmitted disease, but can spread during sex. It can also spread by holding hands, touching or kissing when an infected person has an active rash
- Monkeypox does not spread through the air like flu or COVID-19 and is not as contagious as they are

### **What to do if you think you might have monkeypox**

- Do not come to campus. Instead, contact your healthcare provider, or the DUT Clinic (see below), if you think you might have monkeypox
- Rashes also occur with other illnesses such as chickenpox, so a proper diagnosis is necessary

### **What to do if you become infected with monkeypox**

- Isolate at your place of residence, in a separate room
- Don't share utensils, glasses or cups with others
- Avoid close contact such as sex, holding hands, touching, hugging and kissing
- If your symptoms get worse, please seek medical attention

### **How to prevent yourself from getting monkeypox**

- Avoid close, skin-to-skin contact with anyone with a monkeypox rash or who might be sick
- Do not kiss, hug, cuddle or have sex with someone with monkeypox
- Do not share eating utensils or cups with a sick person
- Do not touch the bedding, towels or clothes of a sick person
- Wash your hands often with soap and water or use an alcohol-based hand sanitiser frequently, especially after contact with someone who is ill
- Although condoms protect against sexually-transmitted infections, they do not protect you against monkeypox, which is spread through skin-to-skin contact

**... in just 5 minutes, you have learned how to keep yourself (and others) safe from monkeypox**

Thanks for reading.

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Source: National Institute for Communicable Diseases (NICD).

For more information, visit the NICD website at

<https://www.nicd.ac.za/diseases-a-z-index/monkeypox/>

For advice, please contact the

**DUT Clinics**

Isolempilo Clinic Steve Biko campus	031 373 2223
Ritson campus	031 373 6010 069 597 4273
ML Sultan campus	031 373 2679
City campus	031 373 6002
Brickfield campus	031 373 3750
Indumiso campus	033 845 8913/8966
Riverside campus	033 845 8811/8812