

The Colorado Department of Public Health and Environment, along with [Centers for Disease Control and Prevention](#) and local health officials, is currently monitoring cases of monkeypox in our state.

Monkeypox is a virus in the orthopox family of viruses. It is rare, but can be serious for people who get it; although, the current outbreak in the U.S. has a fatality rate of less than 1%. Monkeypox can spread from person to person when someone who has monkeypox has close physical contact with someone else. Close contact can mean physical contact with the sores, bumps, or lesions of someone who has monkeypox. Close contact can include sex. Although less likely, monkeypox can also spread through touching the bed linens or clothing of someone who has monkeypox. Monkeypox can also live on other surfaces for some time.

In most cases, monkeypox will resolve on its own. Monkeypox illness may begin with flu-like symptoms that can include fever, headache, muscle aches, swollen lymph nodes, and exhaustion. Typically, a rash or skin bumps develop within one to three days after the onset of fever, often beginning on the face then spreading to other parts of the body.

People who are experiencing symptoms of monkeypox or think they have been exposed to monkeypox should contact a health care provider as soon as possible to discuss testing. If a person has a primary care provider, we recommend reaching out to them first, as many providers can collect specimens for testing with supplies they already have on hand. CDPHE's [monkeypox webpage](#) has an up-to-date list of locations/health care providers that are able to collect samples for monkeypox testing for those who are uninsured or not connected to a health care provider. Some people who have been recently exposed to monkeypox should get a vaccine called Jynneos. The FDA fully approved this vaccine for people determined to be at high risk for infection to prevent monkeypox disease. Colorado currently has an extremely limited supply of the vaccine from the federal government. Find out if you can visit a CDPHE free vaccine clinic at cdphe.colorado.gov/monkeypox.

Please use and share the following resources:

- [Social media graphic](#)
- Printable resources
 - [FAQ business card](#)
 - [Palm card | Spanish](#)
 - [General poster | Spanish](#)
- Sample social media posts in English and Spanish below
- Sample newsletter below
- Sample email/text messages below

NEWSLETTER COPY

For high risk populations:

People who are experiencing symptoms of monkeypox or think they have been exposed to monkeypox should contact a health care provider to discuss testing. Monkeypox can feel like the flu at first. Early symptoms can include fever, tiredness, swollen lymph nodes, and body aches. A person with monkeypox may get a rash, bumps, or sores a few days after they start to feel symptoms. This rash can appear on the face, inside the mouth, on or inside the genitals, or on other parts of the body. It can look like syphilis, herpes, blisters, or even acne. Most people with monkeypox will get a rash or bumps. However, not everyone will feel flu-like symptoms first.

If you have a primary care provider, we recommend reaching out to them first, as many providers can begin the process of testing for monkeypox. People who are uninsured or do not have a primary care provider can visit cdphe.colorado.gov/monkeypox to find a testing location.

Some people who have been recently exposed to monkeypox should get a vaccine called Jynneos. The FDA fully approved this vaccine. Colorado currently has an extremely limited supply of the vaccine from the federal government.

Getting vaccinated lowers your chance of getting monkeypox if you may have been exposed. The sooner an exposed person gets the vaccine, the better. The vaccine can also reduce the severity of your symptoms if you do become ill later on. People who already have symptoms of monkeypox (fever, rash, etc.) should not get vaccinated.

Learn more about CDPHE's free vaccine clinics at cdphe.colorado.gov/monkeypox. Coloradans at higher risk can [request a vaccine appointment using this form](#).

SAMPLE TEXT MESSAGES

Getting tested

People who are experiencing symptoms of monkeypox or think they have been exposed to monkeypox should contact a health care provider as soon as possible to talk about testing. Symptoms can include a new rash or bumps that look like syphilis, herpes, blisters, or acne. Visit cdphe.colorado.gov/monkeypox to find a testing location.

CDPHE vaccine clinics:

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SAMPLE EMAIL MESSAGES

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Find out if you can visit a CDPHE free vaccine clinic at cdphe.colorado.gov/monkeypox. If you qualify, you can [request a vaccine appointment using this form](#).

SAMPLE SOCIAL POSTS

What is monkeypox?

FACEBOOK

Copy: Monkeypox can spread from person to person when someone who has monkeypox has close physical contact, including sex, with someone else. Although less likely, monkeypox can also spread through touching the bed linens or clothing of someone who has monkeypox, and it can also live on other surfaces for some time. For more information, visit cdphe.colorado.gov/diseases-a-to-z/monkeypox-faq.

TWITTER

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Common monkeypox symptoms

FACEBOOK

Copy: Monkeypox illness may begin with flu-like symptoms. These can include fever, headache, muscle aches, swollen lymph nodes, and exhaustion. A person with monkeypox may get a rash, bumps, or sores on their skin a few days after they start to feel symptoms. Monkeypox can look like syphilis, herpes, blisters, or even acne. Not everyone with monkeypox will feel flu-like symptoms before getting a rash. Most people with monkeypox will start to have symptoms one to three weeks after being exposed. Learn more about symptoms at cdphe.colorado.gov/monkeypox-signs-symptoms.

TWITTER

Copy: People with monkeypox may feel flu-like symptoms, such as fever, soreness, and exhaustion, a few days before they get a new rash or bumps. This rash can look like syphilis, herpes, blisters, or even acne. Learn more about monkeypox at cdphe.colorado.gov/monkeypox-signs-symptoms.

Getting tested for monkeypox

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TWITTER

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Where to get vaccinated

FACEBOOK

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COLORADO
Department of Public
Health & Environment

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Monkeypox need to know

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TWITTER

Copy: Monkeypox is rare, but can be serious for people who get it; although, the current outbreak in the U.S. has a fatality rate of less than 1%. In most cases, monkeypox will resolve on its own. To learn about common symptoms and more visit cdphe.colorado.gov/monkeypox-signs-symptoms.