



Monkeypox vs. COVID-19



Trenton Public Schools
Office of School Health

The table below shows a comparison of monkeypox and COVID-19. Both are reportable diseases and declared a federal public health emergency (PHE).

FAQ	Monkeypox	COVID-19
How widespread is it?	Monkeypox is much less common than COVID-19. Monkeypox in the general public is very low.	Hundreds of millions of cases since the start of the pandemic in early 2020, and still spreading widely throughout the world.
When was it first identified?	Not a new virus – since 1958.	A novel virus - since 2019.
How does it spread?	By very close and/or prolonged contact with someone with symptoms, including through: <ul style="list-style-type: none">• Close physical/intimate/ personal skin-to-skin contact• Contact with contaminated materials (towels, bedding, and clothing)• Respiratory droplets spread by close and prolonged face-to-face interaction• These symptoms usually last between 2 and 4 weeks	Through tiny droplets in the air by breathing, talking, sneezing, or coughing. It is extremely infectious. Can spread from others who have the virus, even if they don't have symptoms.
What are the signs and symptoms?	<ul style="list-style-type: none">• Rash with firm bumps on face, hands, feet, body, or genitals• Fever• Swollen lymph nodes• Chills• Low energy	<ul style="list-style-type: none">• Fever• Cough• Trouble breathing• Stomach issues• Headaches• Muscle aches• Loss of taste and smell• Cold symptoms



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How is it prevented?	<ul style="list-style-type: none">• Avoid close physical contact with people who have symptoms, including sores or rashes• Talk to your family/friends/partner about any recent illness and be aware of new or unexplained sores or rashes• Avoid contact with, contaminated materials• Wear PPE (mask, gloves, gown) if you can't avoid close contact with someone who has symptoms• Practice good hand hygiene• Including hand washing or by using hand sanitizer	<ul style="list-style-type: none">• Get vaccinated and boosted• Wear a mask in indoor settings and crowded outdoor settings• Meet others outdoors or in well ventilated spaces
If you have symptoms	<ul style="list-style-type: none">• Always stay home if you're sick• Cover any blisters or skin lesions• Isolate from others and wear a mask if you must be around others• Contact a health care provider right away to talk about diagnosis, testing, and treatment options	<ul style="list-style-type: none">• Always stay home if you're sick• Get tested.• If you test positive, isolate from others• Contact a health care provider right away to talk about treatment options

- Resources:
 - [CDC Public Health Emergency](https://www.cdc.gov/publichealthemergency)
 - For more information: Contact your school nurse or Micah Freeman mbfreeman@trenton.k12.nj.us