

What is Monkeypox?

什麼是猴痘?

Monkeypox is a virus that appears as a distinctive rash, and spreads through close contact skin to skin, sex, kissing, and breathing at close range.

猴痘是一種能引致出現皮疹的病毒，並通過皮膚接觸皮膚、性行為、親吻或近距離呼吸傳播。

How to protect yourself: 如何保護自己:



Cover exposed skin in crowds

在人群中覆蓋裸露的皮膚



Don't share bedding or clothing

不要共享床上用品或衣物



Ask close physical contacts about recent rashes or sores

與其他人發生身體接觸先詢問其最近是否出現皮疹或水泡



Stay aware when traveling to outbreak countries

若到發生爆發的國家出遊時保持警惕

See a provider right away if you have a rash, or if you have been in contact with someone who has monkeypox. Stay home if you feel sick.

若您出現皮疹，或與猴痘確診者有過接觸，請立即求醫。若感到不適請留在家中。



更多資訊，可瀏覽
sf.gov/monkeypox



City & County of San Francisco
Department of Public Health