

E-Blast Template

Dear [Salutation]

Knowledge is power. The power to make wise decisions, to keep yourself and others healthy and safe. Everyone has a right to know the risks of monkeypox and what to do to prevent and treat it. That is why [Organization name], partnering with the New Mexico Department of Health (NMDOH), is reaching out today with the latest information, so you know what to do, who to call for medically accurate information, and where to get the resources to safeguard yourself and others.

For the latest information in New Mexico, visit the New Mexico Department of Health website at [nmhealth.org](https://www.nmhealth.org) and click on the blue [MONKEYPOX UPDATES](#) tab.

How Do I Get Vaccinated?

If you think you are at risk for monkeypox and are interested in a vaccine, call the NMDOH Call Center at 1-855-600-3453, Option 4 (option 9 for Spanish) for a confidential consultation. If you call to register, NMDOH will register you over the phone and you will be invited to schedule for vaccines as soon as they become available.

The call center is open daily, weekdays from 7:30 a.m. to 7:30 p.m., and on Saturday/Sunday from 10:30 a.m. to 3:30 p.m.

How does monkeypox spread?

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:

- Direct contact with monkeypox rash, sores or scabs
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox
- Through respiratory droplets or oral fluids from a person with monkeypox. According to the [World Health Organization](#), transmission via droplets usually requires prolonged face-to-face contact.

What are the symptoms?

If you have had close, physical contact with someone with monkeypox, look for these symptoms:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body.

When do I need to get medical treatment? Where do I go?

If you think you have been exposed, contact your health care provider if you:

- Had contact with someone who had a rash that looks like monkeypox or someone who was diagnosed with confirmed or probable monkeypox.
- Had skin-to-skin contact with someone in a social network experiencing monkeypox activity.
- Traveled [within](#) or [outside](#) the US to a place with confirmed cases.

If you develop symptoms and do not have a provider, or have difficulty scheduling an appointment, you can be seen at your [local NMDOH Public Health Office](#).

How to safeguard yourself from monkeypox:

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
 - Do not touch the rash or scabs of a person with monkeypox.
 - Do not kiss, hug, cuddle or have sex with someone with monkeypox.
- Avoid contact with objects and materials that a person with monkeypox has used.
 - Do not share eating utensils or cups with a person with monkeypox.
 - Do not handle or touch the bedding, towels or clothing with a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face after you use the bathroom.
- If high risk, get vaccinated (when available)

Stay informed:

Visit <https://www.nmhealth.org/> to learn more about monkeypox and information about vaccines.