



## **Waco-McLennan County Public Health District**

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WACO-MCLENNAN COUNTY  
Public Health District

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## **MCLENNAN COUNTY CONFIRMS FIRST CASE OF MONKEYPOX**

**WACO, TEXAS (JULY 20, 2022)** – The Waco-McLennan County Public Health District has confirmed the first case of Monkeypox in McLennan County. Preliminary test results performed by a commercial lab indicate that the person tested positive. The Health District is conducting a contact investigation and will follow established monitoring protocols for any identified contacts. The person is an adult female McLennan County resident with no known travel or exposure to other cases.

LaShonda Malrey-Horne, Director of the Public Health District, shared, “Over the last few weeks, the Health District Epidemiology team had started planning for the potential of cases being identified in the Waco-McLennan County community. This early preparation included communication with both hospital systems and health care providers in the area. We will continue to work with the Texas Department of State Health Services Public Health Region 7 to identify potential cases and ensure testing and treatment if needed.”

To learn the latest information on monkeypox, please visit the following:

- [Waco-McLennan County Public Health District](#)
- [Texas Department of State Health Services](#)
- [Center for Disease Control](#)

### **Symptoms**

Signs and symptoms of this illness typically include a rash that can look like pimples or blisters on the face, inside the mouth, and on other body parts; fever; headache; muscle aches; backache; swollen lymph nodes; chills; or exhaustion.

Sometimes people may only experience the rash, which goes through different stages before healing completely. The illness typically lasts 2-4 weeks.

### **How it Spreads**

Monkeypox spreads in different ways, but it can spread from person to person through:

- Direct contact with the infectious rash, scabs, or body fluids
- Respiratory secretions during prolonged, face-to-face contact, or during close physical contact
- Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids
- Pregnant people can spread the virus to their fetus through the placenta

(more)

## **Prevention recommendation from the CDC**

Take the following steps to prevent getting 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 have close physical contact with someone with monkeypox
  - Do not share eating utensils or cups with a person with monkeypox
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer

If you are sick with monkeypox, contact your health provider to determine testing and isolate at home. If you have an active rash or other symptoms, stay in a separate room or area away from people or pets you live with, when possible.

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