
Monkeypox Resource Guide

8/08/2022

National Health Information

Centers for Disease Control and Prevention (CDC)

The CDC is tracking an outbreak of Monkeypox that has spread across several countries that don't normally report Monkeypox, including the United States. To learn about Monkeypox, how it spreads, symptoms, diagnosis, treatment, and prevention visit [the CDC website](#) for more information.

- To learn about Monkeypox **vaccinations** for people who have been exposed to Monkeypox and people who are at higher risk of being exposed to Monkeypox, please visit [Considerations for Monkeypox Vaccination](#) for more information.
- For what to do if you are sick, please access the [CDC Signs and Symptoms Guide](#).
- To learn about guidance for travelers, please visit the CDC [Guidance for Travelers](#) section for more information.
- For information on laboratory **testing** for Monkeypox, please visit [testing in U.S. site](#).
- Many towns and communities have opened testing and vaccine sites over the past week. For information on testing and vaccine sites in your community, please visit your town's website or contact your [State Health Department](#) regarding questions about testing in your community.
- For congregate living setting considerations, visit this [page](#).
- The CDC has created a guide on how to disinfect your home which you can access [here](#).

World Health Organization (WHO)

WHO works worldwide to promote health and helps prevent emergencies by identifying risks and developing tools needed during outbreaks. WHO published a range of interim guidance for all countries on how they can prepare for the Monkeypox, including how to monitor for sick people, test samples, treat patients, control infection in health centers, maintain the right supplies, and communicate with the public about Monkeypox. To learn more about Monkeypox and for updates, visit the [WHO website](#).

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- To view commonly asked questions and answers about the Monkeypox, visit the [Q&A Page](#) for more information.
 - For step by step information, please visit the [Monkeypox Outbreak Toolbox](#).
 - For the most recent updates on Monkeypox, visit the [Disease Outbreak News](#) page.

U.S. Department of State

For information on current travel advisories for domestic and international travel, travel advisory levels and assistance for U.S. citizens, please visit the Department of State website [here](#)

American Academy of Pediatrics

The American Academy of Pediatrics provides information for parents regarding children and Monkeypox. For more information, please visit the website [here](#).

Emotional Support Resources

Daily Strength

Daily Strength serves as an online forum for mental wellness and stress relief strategies. You can create a free membership on this website to access wellness & coping tools. Please visit the website [here](#).

SupportGroups.com

This [website](#) provides an array of open board forums on topics including relationships, stress, mental health disorders, grief, and more. This support site is free and only requires you to register a username.

SAMHSA (Substance Abuse and Mental Health Services Administration)

Helpline: (800) 662-4357

This organization provides information, education and access to substance abuse and mental illness programs nationwide. The Behavioral Health Treatment Services Locator is a search tool to locate behavioral health and substance abuse/addiction services. You can access this tool by clicking on the following link: <https://www.samhsa.gov/find->

treatment . After completing the search criteria, you can view a list of treatment providers, their contact information, and other pertinent details. You may also call the number above to receive free and confidential information about treatment services in your area.

National Council for Behavioral Health (NCBH)

The NCBH operates nationally and connects individuals to local behavioral health providers in their area. For assistance in locating a therapist or other trained professional, please visit their [website](#).

National Alliance on Mental Health (NAMI)

Helpline: (800) 950-6264 or text “Helpline” to 62640

Website: www.nami.org

NAMI is the nation’s largest grassroots mental health organization for the millions of Americans affected by mental illness. Informational topics include how to manage emotions, feeling isolated and lonely during quarantine, supporting family members who are diagnosed with serious mental health issues, and much more. Visit the website for more information or to locate your local chapter. You may also view an FAQ guide [here](#).

Grocery & Meal Delivery Apps

The following grocery and meal delivery apps are available for download on smartphones nationwide. You will need to check their individual websites to ensure that they deliver to your area.

www.instacart.com – order groceries

www.shipt.com – order groceries

www.doordash.com – order from restaurants

www.ubereats.com – order from restaurants

www.grubhub.com – order from restaurants

www.postmates.com – order from restaurants

www.blueapron.com – meal kit service

www.hellofresh.com – meal kit service

Please note, many local grocery stores are offering home delivery services. Please call or visit your local grocery store's website for further information.

Prescription Delivery

The following prescription delivery services are available nationwide. Please visit their individual websites to confirm their service areas. Also note that your local stores may allow for delivery requests over the phone if you do not have smart phone or internet access. Check with your local pharmacy.

[CVS Prescription Delivery](#)

[Walgreen's Prescription Delivery](#)

[Wegmans Prescription Delivery](#)

[Walmart Prescription Delivery](#)

Financial Assistance

211 United Way

2-1-1 operates nationwide and connects callers to health and human service information. This service operates 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including basic needs, financial assistance, disaster assistance, mental health/health care information, and more. Dial 211 from your cellphone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources or find the local number for your local 211 service center by visiting 211.org.

Community Action Partnership

The Community Action Partnership serves the economically disadvantaged nationwide. Services include case management, rent/utility assistance, financial counseling, and an array of other community programming. To learn more and find your local agency, please visit the [community action partnership](#) website.

Salvation Army

The Salvation Army is a Christian non-profit organization that operates nationwide. Their services include disaster relief, case management, rent/utility assistance, soup kitchens, and food banks. To locate the Salvation Army closest to you, visit the [Salvation Army](#) website.

Childcare Aware of America

This national organization advocates for safe, affordable childcare and compiles valuable parenting resources in one convenient location. To learn about the different financial assistance options for childcare in your area, please visit their [website](#).

Healthcare Information

Healthcare.gov

Healthcare.gov serves as the central market exchange for health insurance in the United States. Local agents can assist you in applying for a plan that meets your needs. To learn more & to locate an insurance broker in your area, please visit their [website](#).

NeedyMeds

NeedyMeds serves as a national hub for discounts and rebates on medical supplies, prescriptions, and over the counter medicine. This organization also connects the uninsured/underinsured to **low-cost clinics** for medical care. To learn more about their offerings, please visit their [website](#).

Patient Advocate Foundation (PAF)

The PAF provides co-pay & medical bill relief to qualifying individuals. Case management services are also available. Eligibility depends on several variables including diagnosis, location, availability of funds, and overall financial need. To determine if you qualify for any of their funds, please check their [website](#).

Resources for Temporary Housing Needs

The CDC recommends that people with Monkeypox remain isolated at home or another location for the duration of the illness. The CDC recommends individuals diagnosed with Monkeypox remain in isolation for two to four weeks. The below resources provide temporary housing options.

- Hotels www.hotels.com/
- Airbnb www.airbnb.com
- VRBO (Vacation Rental by Owner) <https://www.vrbo.com/>
- Corporate housing, which is already furnished: www.corporatehousing.com
- Local realty companies may assist with finding short term rentals/leases. You can locate realtors on <https://www.realtor.com/>
- Housing locator websites such as:
www.Trulia.com
www.Zillow.com
www.Sublet.com

Remote Fitness & Socialization

With the CDC isolation recommendations, fitness and socialization may be challenging.

Fitness YouTube channels

- [Fitness Blender](#)
- [PopSugar Fitness](#)

Zoom

Zoom is an electronic platform allowing users to make calls and see each other in real time. A phone or computer with a webcam is needed in order to see one another. You can set up

events on this platform to accommodate multiple people at a time. To learn more, please visit their [website](#).

FaceTime

Apple provides a face-to-face calling platform that can be enabled on their cellular devices, tablets, and computers. To download this free program on your Apple device, please visit their [website](#).

Skype

Skype is a face-to-face calling platform that can be enabled on cellular devices, tablets, and computers regardless of whether it is a PC or MAC product. To learn more or to download the program for your device, visit their [website](#).

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

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