

# BE IN THE KNOW

## What are the symptoms of mpox?

Mpox may cause fever and swollen lymph nodes. Headache, muscle and backache, chills, and exhaustion can also be present. A painful rash develops and goes through several stages including fluid and pus-filled blisters that eventually get crusty, scab over, and fall off.

## Can mpox spread through sex?

Mpox can spread through any type of skin-to-skin contact with an infected person including, but not limited to, sexual contact. At this point, it is not known if mpox virus will spread through semen or vaginal fluids. However, the rash can look similar to symptoms of STIs such as herpes and syphilis. Mouth-to-skin contact can spread mpox when blisters are present. Condoms may not prevent the spread of mpox.

## What should I do if I think I have mpox?

If you think you have mpox, contact the OSDH Epi-on-Call at **405-426-8710** for a free confidential consultation, or your healthcare provider for advice, testing, and medical care. Self-isolate away from others to protect them from infection. Cover all possible blisters (e.g., wearing clothing over the rash).

## What should I do if I am a contact to a confirmed mpox case?

Close contacts to someone who has mpox may be eligible for post-exposure vaccination to prevent illness. For close contact consultation, call the OSDH Epi-on-Call at **405-426-8710**. Monitor yourself for symptoms for 21 days from exposure. If symptoms develop, self-isolate away from others and contact the OSDH Epi-on-Call or your healthcare provider for advice and testing.



QUICK  
FACTS  
ABOUT

MPOX