

Mpox: Get the facts

- Mpox is a rare disease.
- Mpox can make you sick including a rash or sores (pox), often with flu-like illness.
- Mpox can spread to anyone through direct, personal, often skin-to-skin contact including:
 - › Direct contact with mpox rash, sores or scabs.
 - › Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with mpox.
 - › Through respiratory droplets during prolonged face-to-face contact or saliva from a person with mpox.

What are the Symptoms?

Early flu-like symptoms of mpox can include:



FEVER



CHILLS



HEADACHE



MUSCLE ACHES
AND BACKACHE



SWOLLEN
LYMPH NODES



EXHAUSTION

- › A rash or sores, sometimes located on or near the genitals or anus, but sometimes in other areas like the arms, hands, legs, feet, chest or face – sores will go through several stages before healing.
- › Sores may be inside the body, including the mouth, vagina, or anus.
- › Some people experience a rash or sores first, followed by other symptoms and some only experience a rash or sores.
- › Mpox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed – this can take several weeks.
- › It is unknown if mpox can be transmitted through semen or vaginal fluids. However, the rash can look similar to symptoms of STIs such as Herpes and Syphilis.



If You Have a New or Unexplained Rash, Sores, or Other Symptoms...

- See your healthcare provider. Tell them about your symptoms and ask them to look at your rash. If you don't have a provider or health insurance, visit a public health clinic near you.
- Because this virus is appearing in the community, please take steps to stop the spread like washing your hands and wearing a mask around others.
- Avoid direct, physical contact with anyone until you have been seen by a healthcare provider.

If You or Your Partner Have Mpox...

- Follow the treatment and prevention recommendations of your healthcare provider.
- Avoid direct, physical contact with anyone until all your sores have healed and you have a fresh layer of skin formed.