

WHAT TO KNOW ABOUT MPOX

Mpox is a disease that causes fever, aches, headache, swollen glands and a rash that look like pimples or blisters. Mpox spreads by skin-to-skin contact such as sex, kissing, cuddling or wrestling or with contact with bodily fluids in or on the eyes, mouth or private parts.

How to protect yourself



Avoid skin-to-skin contact with rash, sores or scabs from a person with mpox.



Do not touch bedding, clothes or surfaces touched by a person with mpox unless your skin is protected with gloves and clothing and you are wearing a mask.



Wash your hands with soap and water and use hand sanitizer after coming into contact with a person with mpox.



Wear a mask when in close quarters (less than 6 feet) to someone with mpox

Think you have symptoms? Reach out to your health care provider and stay home.

Visual examples of mpox



Photo credit: NHS England High Consequence Infectious Diseases Network

Date updated: 8/8/2023

Vaccinate now, protect yourself and others.

