

## ABOUT MPOX

- **MPox** is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

## SYMPTOMS

- **MPox** is a viral illness that typically begins with flu-like symptoms including but not limited to:
  - **Skin rash on any part of your body**
  - **Fever**
  - **Chills**
  - **Headache**
  - **Muscle aches and back aches**
  - **Swollen lymph nodes**

Symptoms usually appear with 3 weeks after exposure



## MODES OF TRANSMISSION

**MPox** can spread through:

- **Direct contact with infectious, scabs, or bodily fluids**
- **Sexual or intimate contact (including oral, anal, and vaginal sex)**
- **Pro-longed skin-to-skin contact (including hugging, kissing, and cuddling)**
- **Contact with fabrics (towels, bedding, clothing, etc.) that have not been washed**
- **Sharing items such as food, drinks, toothbrushes, cigarettes, etc.**



## TESTING

- Only a healthcare provider can order a **MPox** test. You can also contact your local health department to find out your testing options or one of these testing laboratories:
  - **Aegis Sciences**
  - **Labcorp**
  - **Mayo Clinic Labs**
  - **Sonic Healthcare**



## PREVENTION

Take the following three steps to prevent getting MPox:

1. **Avoid close, skin-to-skin contact with people who have a rash.**
2. **Avoid contact with objects and materials that a person with MPox has used.**
3. **Wash your hands often.**



## WHO SHOULD GET VACCINATED

- **People who have been identified by public health officials as a contact of someone with MPox.**
- **People who know one of their sexual partners in the past 2 weeks has been diagnosed with MPox.**
- **People who had multiple sexual partners in the past 2 weeks in an area with know MPox cases.**

Information on vaccine availability in your area can be found by contacting your health department.



## IF YOU HAVE SYMPTOMS

- **If you have symptoms, you should separate yourself from other people and pets, cover your lesions, and contact your healthcare provider. You should avoid close physical contact with others until you have talked with your medical provider.**
- **Don't pop or scratch lesions from the rash, as this can spread the virus to other parts of the body, increase the chance of spreading the virus to others, and possibly cause the open lesions to become infected by bacteria.**
- **Wash hands often with soap and water or use an alcohol-based sanitizer, especially after direct contact with the rash.**
- **If you have rash on your hands, be careful to not irritate the rash**

## MANAGING YOUR SYMPTOMS

- **Medicines like Advil, Motrin, & Tylenol can help you feel better.**
- **Contact your healthcare provider if pain becomes severe and unmanageable at home.**
- **Tecovirimat (TPOXX), an antiviral, may be recommended for people who are more likely to get severely ill.**
- **There are no treatments specifically for MPox. The viruses that cause MPox and smallpox are similar, antiviral drugs developed to protect against smallpox might be used to treat Monkeypox.**