

HOW CAN I PROTECT MYSELF FROM MPOX?

Monkeypox is a rare, but serious disease caused by the Mpox virus. Mpox can make you sick, with symptoms like a rash, which may look like pimples, blisters, or sores, often with an earlier flu-like illness.

Anyone who has close contact with someone with Mpox is at risk of infection—regardless of who you are, what you do, or if you are sexually active.

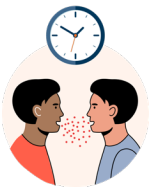
How Mpox Is Spread



Mpox can spread to anyone through direct, prolonged physical contact. This can include sexual/intimate contact, close dancing, cuddling, or kissing.



Mpox can be spread by living in a house or sharing a bed with someone who is infected or sharing towels or unwashed clothing.



Mpox can be spread through large respiratory droplets. These droplets generally cannot travel more than a few feet, so prolonged face-to-face contact is required.

Mpox Symptoms



Flu-like symptoms, including fever, headache, muscle aches, chills, exhaustion



Swollen lymph nodes in the neck, underarm, or groin area



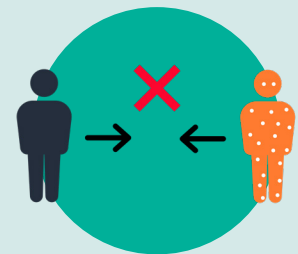
Rash or sores, often on the hands, feet, chest, face, or genitals



Wash your hands often with soap and water or use hand sanitizer



Contact your healthcare provider if you feel sick or have new or unexplained sores



Avoid close contact with others if you are exposed or have flu-like symptoms, swollen lymph nodes, or new sores