

# If You Think You Are Sick with Mpox

Mpox is spread by close personal contact\* with people or animals who have symptoms or direct contact with contaminated clothing, bedding, towels, or other items.

If you begin to show symptoms of infection, follow the recommendations below to get help and prevent the spread. **Anyone can get mpox regardless of gender identity or sexual orientation.**



## Isolate

- Self-isolate at home, including from pets, and monitor your symptoms.
- Avoid sharing household items, wear a mask, and cover any rash/lesions.
- Do not share a bed, and handle your own laundry.
- Stay isolated until rash heals and new skin is formed over it.



## Contact

- Contact your health care provider to get tested if you have any rash/lesions.
- If you do not have a health care provider, call Austin Public Health's Equity Line at 512-972-5560.



## Get Treatment

- Get treatment if needed. The U.S. Food and Drug Administration (FDA) has approved Tecovirimat (TPOXX or ST-246) as a treatment for monkeypox.
- Speak to your health care provider for more information.



## Inform Close Contacts

- Let partner(s) and close contacts\* know you are having symptoms.
- Visit [www.TellYourPartner.org](http://www.TellYourPartner.org) to make an anonymous partner notification.

\*Close contacts are people living in the same household; having direct physical contact, including sexual contact; and having direct contact with skin rash/lesions and/or bodily fluids without personal protective equipment.



For resources, visit:

[www.AustinTexas.gov/Mpox](http://www.AustinTexas.gov/Mpox)

