

# THE DIFFERENCES BETWEEN

## MPOX

## COVID-19

### How widespread is it?

Since May 2022, cases have been identified in the U.S. and other countries since May 2022. The World Health Organization (WHO) has now determined mpox to be a public health emergency of international concern. However, mpox is much less common than COVID-19.

Hundreds of millions of cases since the start of the pandemic in early 2020, and still spreading widely throughout the world.

### How does it spread?

Mpox can be spread to anyone, regardless of sexual orientation or gender identity. By contact with someone experiencing symptoms, including through:

- Direct contact with sores, scabs, or body fluids
- Prolonged face-to-face contact
- Contaminated clothing, bedding, or towels (i.e., via fomites)
- Intimate skin-to-skin contact, including kissing and sex

Through tiny droplets in the air by breathing, talking, sneezing, or coughing. It is extremely infectious. Can spread from others who have the virus, even if they do not have symptoms.

### What are the signs and symptoms?

- Rash with firm bumps on face, hands, feet, body, or genitals
- Fever, swollen lymph nodes, chills, headache, back aches, and/or muscle aches

- Fever, cough, trouble breathing, runny nose, stomach issues, headaches, muscle aches, loss of taste and smell, and/or cold symptoms

### How is it prevented?

- Avoid close physical, skin-to-skin contact with people who have any of the symptoms listed above.
- Wear a mask when in close quarters (less than 6 feet) to someone with mpox
- Talk to your sexual partner(s) about any recent illness and be aware of new or unexplained sores or rashes
- Avoid contact with contaminated materials
- Practice good hand hygiene
- Get vaccinated. Find the latest on mpox vaccine eligibility at [www.AustinTexas.gov/Mpox](http://www.AustinTexas.gov/Mpox)

- Get vaccinated and boosted. Find a COVID-19 vaccination appointment near you at [www.vaccines.gov](http://www.vaccines.gov)
- Wear a mask in indoor settings and crowded outdoor settings
- Meet others outdoors or in well ventilated spaces

### What should I do if I have symptoms?

- Always stay home if you are sick
- Get tested if you have blisters
- Isolate from others
- Contact all sexual partners and close contacts
- If you have to be around others, wear a mask and cover blisters
- Contact a health care provider to talk about diagnosis, testing, and treatment options. Call Austin Public Health's Equity Line at 512-972-5560 if you do not have a health care provider

- Always stay home if you are sick
- Get tested if you have symptoms
- Isolate from others if you test positive
- Contact all close contacts
- If you have to be around others, wear a mask
- Contact a health care provider to talk about treatment options.
- Call Austin Public Health's Equity Line at 512-972-5560 if you do not have a health care provider

