

WHAT TO KNOW ABOUT MPOX

Mpox is a disease that causes fever, aching, 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 body fluids in or on the eyes, mouth, or private parts.

How to protect yourself



Avoid skin-to-skin contact with mpox 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

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