

Human Monkeypox

MPOX

**BE AWARE AND KNOW
THE SIGNS TO PROTECT
YOURSELF AND OTHERS**



How It Spreads



Direct contact with MPOX rash, scabs, or body fluids.



Kissing, hugging, and cuddling.



Contact with objects/fabrics that touched infectious rash, scabs, or body fluids.

MPOX can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed.



Signs and Symptoms



Swollen lymph nodes



Rashes or sores



Headache



Fever/chills



Muscle or back aches

The time from infection to symptoms is typically 7 to 14 days but can range from 5 to 21 days. Illness typically lasts 2 to 4 weeks. People who do not have symptoms cannot spread the virus to others



COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY


LIVE WELL
SAN DIEGO



BE AWARE. KNOW THE SIGNS. LOWER YOUR RISK.

For updates, text **COSD MONKEYPOX** to **468-311**.

For resources, visit:

SanDiegoCounty.gov/monkeypoxSD

