

Mpox

Be aware and know the signs to protect yourself and others

Mpox:

- Is a virus that can make you sick.
- Spreads more often through close, skin-to-skin contact.
- Risk to the public is currently low. Anyone can get mpox, though many of the recent cases have occurred among persons self-identifying as gay, bisexual, trans, and other men who have sex with men (MSM), as well as household contacts.



How It Spreads

Close contact with someone who has mpox, or people that are in the 21-day monitoring period due to previous exposure, including through:



Direct skin-to-skin contact with mpox sores, scabs, or body fluids.



Contact with respiratory secretions, such as saliva, during prolonged face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sexual activity.



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

- The time from infection to symptoms ranges from 3 to 21 days. Illness typically lasts 2-4 weeks.
- A person with mpox can spread it to others from 4 days before the start of symptoms until all sores have healed, scabs have fallen off, and a fresh layer of skin has formed underneath. Only people who eventually develop symptoms can spread the mpox virus.

Signs and Symptoms



Rashes or sores



Swollen lymph nodes



Headache



Fever/chills



General body aches

