## **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.

## **Signs and Symptoms**



Rashes or sores



Swollen lymph nodes



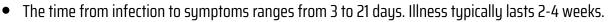
Headache



Fever/chills



General body aches



• 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.







For updates, text COSD MPOX to 468-311. For resources, visit: