

Lower Your Risk for Mpox



Protect yourself and others by following these practices.



Get vaccinated if you are at risk for mpox.



Talk to your sexual partner(s) about any recent illness or symptoms, possible exposures to mpox, and new or unexplained sores or rashes.



Limit close contact with people who have symptoms, like sores or rashes, and people who were exposed and are in their 21-day monitoring period.



Avoid touching rashes/scabs; and contact with objects and materials (e.g., clothing, bedding, and towels) that someone with mpox has used.

