

Mpox

Mpox is a viral infection that often spreads through close, skin-to-skin contact.



For updates, text COSD MPOX to 468-311. For resources, visit:
SanDiegoCounty.gov/mpox



6/21/2024

Know the Signs

- Rash that can look like pimples or blisters
- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscles and backache
- Headache
- Respiratory symptoms (sore throat, cough)



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Protect Yourself



Get vaccinated.



Take steps to lower your risk during sex or at a social gathering.



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Protect Yourself



Avoid close, skin-to-skin contact with people who have a rash that looks like mpox.



Avoid contact with objects and materials that a person with mpox has used.



Wash your hands often.



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