

Mpox: What to Know

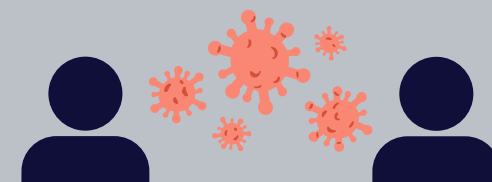


HEALTH
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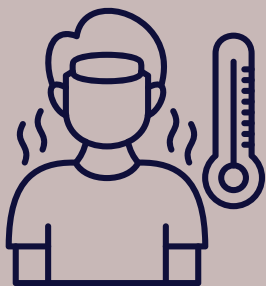
How it spreads:

- Direct contact with the infectious rash, scabs, or body fluids
- Respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex
- Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids
- Pregnant people can spread the virus to their fetus through the placenta

The illness typically lasts 2-4 weeks. People who do not have mpox symptoms cannot spread the virus to others.



Symptoms:



- Fever
- Headache
- Muscle aches and backaches
- Chills
- Exhaustion
- Swollen lymph nodes
- A rash that can look like pimples or blisters

Prevention:

- Avoid close, skin-to-skin contact with people who have a rash that looks like mpox.
- Do not touch the rash or scabs of a person with mpox.
- Do not kiss, hug, cuddle or have sex with someone with mpox.
- Do not share eating utensils or cups with a person with mpox.
- Do not handle or touch the bedding, towels, or clothing of a person with mpox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer



If you feel sick or have symptoms, do not attend any gathering, and contact your healthcare provider.
For more information visit www.cdc.gov/mpox.