

WHAT IS MPOX?

Mpox is a viral illness that has been circulating in California and the U.S. since Spring 2022. Though current risk to the general public is low, anyone can get mpox. It's good to be aware of signs and symptoms to keep you and others safe.

HOW DOES IT SPREAD?



TOUCHING

Skin-to-skin contact (hugging, kissing, sexual activity) with someone who has symptoms.



SHARING ITEMS

Sharing items (clothing, bedding, towels) used by someone with symptoms.

Mpox can spread through close interactions from talking, coughing and breathing near someone for a long period of time. This mainly happens when living with or caring for someone with symptoms. In some instances, mpox can be spread up to 4 days before symptoms start.

WHAT ARE THE SYMPTOMS?

A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, and anus. Other symptoms include fever, chills, muscle aches, headache, sore throat, stuffy nose and cough.



— OTHER SYMPTOMS —



FEVER



BODY
ACHES



SWOLLEN
LYMPH NODES



HEADACHE



CHILLS



EXHAUSTION

HOW IS IT PREVENTED?

- Get vaccinated: Talk to your provider to see if you're at risk for mpox and should get a vaccine.
- Avoid close contact, including sexual contact, with people who are sick or have a rash.
- Avoid sharing bedding, towels, clothing, cups and utensils with people who have mpox symptoms. Items should be cleaned and disinfected before used by others.
- If exposed to someone with mpox, avoid sexual contact for 21 days while monitoring for symptoms.

WHAT SHOULD YOU DO IF YOU HAVE SYMPTOMS?

- Contact a health care provider immediately.
- Isolate at home until rash is gone, the scabs have fallen off, and a fresh layer of skin has formed.
- If you have an active rash or other symptoms, stay in a separate room or area away from people or pets you live with. If you need to be around others in your home (i.e., caring for children or family members), cover up sores/rash and wear a mask.

When possible, the person with mpox should change their own bandages and handle their linens while wearing disposable gloves, followed by immediate hand washing after removing gloves.

Symptoms can start approximately 3-21 days after an exposure.

IS THERE TREATMENT OR A VACCINE?



Treatment: Most people have mild symptoms and do not require treatment. A health care provider may recommend treatment to reduce your symptoms.



Vaccine: People who meet certain exposure and risk criteria may be eligible for a vaccine.

Contact a health provider or your local health department with questions.

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