

# 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.

The mpox vaccine is available and prevents infection and serious illness. Talk to your health care provider today.

## HOW DOES IT SPREAD?



### TOUCHING

Skin-to-skin contact (hugging, kissing, sexual activity...) with someone who may or may not have active symptoms.



### SHARING ITEMS

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



### CLOSE INTERACTION

Talking, coughing and breathing near someone for a long period of time - mainly when living or caring for someone with mpox.

*In some cases, people can spread mpox even before they develop visible symptoms.*

## 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



RESPIRATORY



FEVER &  
CHILLS



BODY  
ACHES



SWOLLEN  
LYMPH NODES



HEADACHE



EXHAUSTION

## HOW IS IT PREVENTED?

- Get vaccinated to reduce your chance of getting mpox or getting very sick. It can also be given within 4-14 days of an mpox exposure, before symptoms develop.
- Talk openly with partners about symptoms before sexual or intimate contact.
- Avoid close contact with anyone who has symptoms or who may have been exposed to someone with mpox.
- 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. Treatment may be recommended to reduce symptoms.
- 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.**