

MPOX

HERE'S WHAT YOU
NEED TO KNOW...

SPREAD BY A VIRUS IN THE SAME FAMILY AS SMALLPOX. IT HAS BEEN AROUND FOR MORE THAN HALF A CENTURY.

TRANSMISSION

Mpox is spread through:

- Direct physical contact with sores, rash, scabs, or body fluids from a person with monkeypox
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox
- Contact with respiratory secretions during prolonged, face-to-face contact.
- A pregnant person can spread the virus to their fetus through the placenta.

A person with mpox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. It can take up to 21 days for symptoms to develop after exposure.

SYMPTOMS

Mpox causes flu-like symptoms and may include (all or only a few):

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)

Most people with mpox will get a rash. Sometimes, people develop a rash before other symptoms and others only experience a rash.





The rash can be located on or near the genitals or anus, but could also be on other areas like the hands, feet, chest, face, or mouth. The rash will go through several stages, including scabs, before healing. The rash can look like pimples or blisters and may be painful or itchy.

If someone has flu-like symptoms, they will usually develop a rash 1-4 days later. The illness typically lasts 2-4 weeks.

TESTING

If you have a new or unexplained rash, sores or other symptoms, or if you have been exposed to someone with mpox, contact your health care provider right away so they can test you for the virus and discuss your options. Testing is only available through a healthcare provider.



TREATMENT

Antivirals, such as tecovirimat (TPOXX), may be recommended for people who are more likely to get severely ill, like patients with weakened immune systems. Mpox is generally not fatal and often heals on its own without any treatment. Most people are able to isolate at home.



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.
- Avoid contact with objects and materials that a person with mpox has used. Do not share eating utensils or cups with a person with monkeypox. 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, especially before eating or touching your face and after you use the bathroom.
- Isolate infected patients from others who could be at risk for infection.



For more information visit <https://www.cdc.gov/poxvirus/mpox/>

