

What to Know and Do About Mpox

Mpox is a viral illness caused by the monkeypox virus. Mpox spreads through direct skin-to-skin contact with infected rashes, scabs, or body fluids. It can also spread through respiratory droplets during prolonged, face-to-face contact, or intimate physical contact with areas around the anus, rectum, or vagina. **Any person can contract Mpox, regardless of gender identity or sexual orientation.**

Identifying Mpox

- Common symptoms of Mpox include fever, headache, muscle aches, swollen lymph nodes, and a rash that may be on the inside of the mouth, face, hands, feet, chest, genitals, or anus.
- Symptoms are usually mild or moderate and typically resolve within two to four weeks.

Protect Yourself from Mpox

- **The CDC recommends vaccination for those who have been in close contact with people who have Mpox.** Eligibility for Mpox vaccination varies locally but typically includes [groups considered to be at high risk for Mpox infection](#). Contact your local health department or a healthcare provider for information about vaccine eligibility and accessibility.
- In addition to vaccination, [Mpox prevention habits](#) that can lower the risk of infection include:
 - Avoiding close contact with people who have a rash that looks like Mpox
 - Avoiding contact with utensils that someone with Mpox has used
 - Practicing frequent handwashing
- People with Mpox should follow [isolation guidance](#) until the rash has healed and a new layer of skin has formed. They should also increase their hygiene efforts to prevent the spread.



If You Test Positive for Mpox

- **Isolate at home and away from others as much as possible** until the rash has healed, and a new layer of skin has formed.
- **Increase handwashing and disinfect surfaces** to lower the risk of spreading Mpox in your home.
- **Follow any guidance provided by your healthcare provider.** There is no specific medicine or treatment for Mpox. Mpox is rarely fatal, and mild symptoms can often be treated at home. In some cases, a healthcare professional may prescribe [available antiviral medications](#).

For More Information on Mpox

- **Contact your local health department or a healthcare provider** for information about Mpox in your community, testing for Mpox, vaccine eligibility and accessibility, or if you are concerned about any symptoms you are experiencing.