

# Mpox (formerly known as Monkeypox)

What you need to know and how to protect yourself



## → What is mpox?

Mpox is a virus that can cause illness that lasts for 2 - 4 weeks. Symptoms usually appear 1 - 2 weeks after you are infected and include:

- Fever or chills
- Headaches, muscle aches, or backaches
- Feeling weak and tired (fatigue)
- Respiratory problems, such as a sore throat, runny or stuffy nose, or cough
- Swollen lymph nodes (small glands throughout your body that help you fight infection and disease)
- A rash that looks like pimples or blisters inside your mouth or on your face, hands, feet, chest, genitals, or anus

→ You may have all, some, or only a few of these symptoms.

## → Is mpox a sexually transmitted infection?

Mpox spreads during close physical contact, including during sex. However, it isn't considered a sexually transmitted infection (STI).

## → How to avoid getting mpox

- Get vaccinated
- Avoid close, skin-to-skin contact with people who have a rash that looks like mpox
- Avoid contact with objects and materials that a person with mpox has used
- Wash your hands often

## → Who can get mpox?

Anyone can get mpox. People more likely to have severe symptoms include:

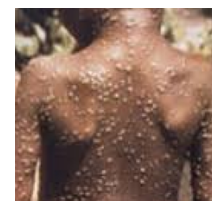
- People with weakened immune systems
- Children under age 8
- People with a history of eczema (a condition that makes your skin red and itchy)
- People who are pregnant or breastfeeding

## How it spreads



Mpox spreads most easily by close or intimate skin-to-skin contact with a person who has mpox.

It can spread 1 to 4 days before symptoms start until the rash is fully healed and a fresh layer of skin has formed. This can take several weeks.



Mpox rash

Sources: Albert Einstein College of Medicine, UK Health Security Agency



Scan the QR code or visit [cdc.gov/poxvirus/mpox/prevention/protect-yourself.html](https://www.cdc.gov/poxvirus/mpox/prevention/protect-yourself.html) to learn more, including steps you can take to lower your risk of mpox during sex or at a social gathering





## If you think you have been exposed to mpox or have a new unexplained rash or other symptoms:

- **Call your doctor** or local health department right away to see if you should get tested and discuss any treatments
- **Get tested, if your doctor or other health care professional recommends it.** Ask where they recommend you go for testing.
- If you have a new rash and you're not sure what it is yet, **avoid close contact** until you are not contagious anymore. Ask your doctor how long this may take.
- **Wear a mask** when you visit your doctor



## Who should get the mpox vaccine?

The CDC recommends you get a vaccine if you:

- Know or think you have been exposed to someone with mpox
- Had sexual or intimate contact with someone who may have mpox
- Have a weakened immune system because of another illness, such as HIV
- Are a gay, bisexual, or other man who has sex with men or a transgender, nonbinary, or gender-diverse person who in the past 6 months had:
  - One or more STI, such as chlamydia, gonorrhea, or syphilis
  - More than one sexual partner
- Had anonymous sexual or intimate contact in the past 6 months
- Have a sexual partner with any of the above risks

Two doses of the mpox vaccine provide the best protection.

Schedule:

1. Get dose 1
2. Wait 4 weeks
3. Get dose 2

You will be most protected 2 weeks after your second dose.

**Get both doses of the vaccine unless** you had a severe allergic reaction to your first dose.



Experts are learning more about mpox

Scan the QR code or visit [www.cdc.gov/poxvirus/mpox](http://www.cdc.gov/poxvirus/mpox) for the latest information.

