

Mpox: Quick Facts



Mpox is a rash illness, caused by the mpox virus, and can be spread to anyone through close contact, including:

- Direct skin-to-skin contact with the mpox rash, sores, or scabs
- Contact with objects that have been used by someone with mpox (clothes, linens, surfaces)
- Exposure to respiratory droplets or oral fluids during prolonged face-to-face contact with someone with mpox

Mpox can also be spread during intimate oral, anal, or vaginal sexual contact with a person with mpox.



Who is at Risk for Mpox?

Anyone can get mpox, although many of the individuals recently diagnosed with mpox self-identify as being men who have sex with other men. The virus enters the body through broken skin, or mucus membranes such as the eyes, nose, mouth or genitals. The virus does not spread exclusively through any one gender, sexual, or social network.

What are the Symptoms of Mpox?

The disease typically begins with early flu-like symptoms of fever, chills, headache, muscle aches, swollen lymph nodes, and exhaustion followed a few days later by a rash. In some recent cases, the rash has appeared before or at the same time as the flu-like symptoms.

The mpox rash often begins on the face, then spreads to other parts of the body which can include the palms of the hand and soles of the feet. The rash may also occur in only certain areas of the body, such as the perianal or genital area. Mpox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed – this can take several weeks.

What Should You Do?

- If you have a new or unexplained rash, see your healthcare provider and avoid having close or intimate contact with anyone until you have been checked out. [If you do not have a provider, call your local health department \(www.ncdhhs.gov/divisions/public-health/county-health-departments\)](http://www.ncdhhs.gov/divisions/public-health/county-health-departments).
- If you have come into contact with someone who has a new or unexplained rash, notify your health care provider or your local health department.
- If someone you live with is diagnosed with mpox, there are household precautions you can take to prevent the spread of the virus. See here for more information: [Cleaning and Disinfecting Your Home, Workplace, and Other Community Settings \(https://www.cdc.gov/poxvirus/mpox/if-sick/cleaning-disinfecting.html\)](https://www.cdc.gov/poxvirus/mpox/if-sick/cleaning-disinfecting.html).



Up to date information on mpox can be found using this QR code. Please share it with your friends and family.

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