LEARN the facts. Anyone can get monkeypox. It spreads mostly through close skin-to-skin contact.

LOOK for a rash. Get new rashes, lesions or sores checked by a health care provider. Talk with your partner about any monkeypox symptoms.

LOCATE testing and vaccines for yourself or your community.

• There is no limit on testing. Talk to your doctor or local health department.
• Limited vaccine supply is prioritized for those currently most at risk, and the communities where the virus is spreading.

For more info, testing and vaccine locations: ncdhhs.gov/monkeypox

NC Department of Health and Human Services • Division of Public Health • Communicable Disease Branch • NCDHHS is an equal opportunity employer and provider. • 8/2022

Cover Photos: Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of High-Consequence Pathogens and Pathology (DHCPP), www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html
LEARN the facts: Anyone can get monkeypox. It spreads mostly through close skin-to-skin contact.

Examples of Monkeypox Exposure by contact with someone who has the virus

HIGHEST EXPOSURE:
• Bare skin-to-skin contact with infectious rash, scabs or bodily fluids
• Sexual contact
• Other intimate skin-to-skin contact: such as kissing, massage or cuddling

SOME EXPOSURE:
• Crowds where people aren’t wearing much clothing with a lot of skin-to-skin contact
• Sharing drinks, utensils, cigarettes, vapes, pipes, etc.
• Sharing towels, bed linens, or other personal items
• Exposure to respiratory droplets through prolonged face-to-face contact with no mask use

UNLIKELY EXPOSURE:
• Crowds where people are mostly clothed, not much skin-to-skin contact
• Shaking hands with someone with no visible rash
• Shopping at the grocery store or mall
• Traveling by bus, train or plane or using public restrooms
• Trying on clothing at a store

LOOK for a rash: Get new rashes, lesions or sores checked by a health care provider. Talk with your partner about any monkeypox symptoms and be aware of any new or unexplained rash or lesion on either of your bodies, including the mouth, genitals and anus.

LOCATE testing and vaccines for yourself, or your community: There is no limit on testing. Talk to your doctor or local health department: ncdhhs.gov/monkeypox

Vaccine is available at local health departments and clinics. Find out if you are eligible: ncdhhs.gov/monkeypox

Everyone can do their part to control the spread: We are in this together. Learn more: ncdhhs.gov/monkeypox

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