

**SEEK the facts.** Anyone can get mpox. It spreads mostly through close skin-to-skin contact.

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

**SEARCH for 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/mpox](https://ncdhhs.gov/mpox)



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**Mpox: Get Checked.  
Get Tested. Get Vaccinated, if eligible.**



**Everyone can do their part to control the spread: We are in this together.**

**SEEK** the facts: Anyone can get mpox. It spreads mostly through close skin-to-skin contact.

**Examples of mpox 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

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



**SEARCH** for testing and vaccines for yourself, or your community: There is no limit on testing. Talk to your doctor or local health department: [ncdhhs.gov/mpox](https://ncdhhs.gov/mpox)

Vaccine is available at local health departments and clinics. Find out if you are eligible: [ncdhhs.gov/mpox](https://ncdhhs.gov/mpox)



Everyone can do their part to control the spread: We are in this together. Learn more: [ncdhhs.gov/mpox](https://ncdhhs.gov/mpox)

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