



# Mpox: How to Protect Yourself



**Mpox is a virus that can affect anyone regardless of their ethnicity, sex, gender identity, or sexual orientation.**

## Take action to protect yourself:



Avoid close contact with the rash, scab, or body fluid of or have sex with someone with mpox



Avoid close contact with objects that a person with mpox has used



Wash your hands often with soap and water



Get vaccinated against mpox

## To learn more:



Talk to a healthcare provider



Call the Health Information Hotline at [insert national hotline number]



Visit [insert webpage address]

[Insert Ministry logo here]



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