

What should you do if you have symptoms or have had close contact with someone with mpox?

If you have a symptom of mpox you should stay at home and call a healthcare provider for advice. If you have a mild case, a healthcare provider can tell you how to take care of yourself at home. During this time be sure to:

Wear a mask



Do not have sex



Avoid touching other people



Cover your rash or lesions



Most people with mpox recover fully within 2 to 4 weeks without medical treatment.

Mpox testing and treatment is available for those who are more likely to get severely ill. Just talk to a healthcare provider.






Together, we can stop mpox!

Follow safer practices to avoid mpox. Seek care from a healthcare provider if you think you have mpox or have had close contact with someone who has mpox.



For more information about mpox:

-  Talk to a healthcare provider
-  Call the Health Information Hotline at [insert national hotline number]
-  Visit [insert webpage address]



Mpox:

Everything you need to know



[Insert Ministry logo here]

What is mpox?

Mpox is an illness caused by a virus. The virus passes from person to person through close contact.

How does mpox spread from person to person?

Mpox can pass from one person to another person by...

Touching a rash, scab, or body fluid of someone with mpox



Touching objects, clothing, linens, or surfaces that previously touched the rash or body fluids of someone with mpox



Breathing face-to-face with someone with mpox for an extended period



Sex provides the perfect conditions for mpox to spread since it involves direct body contact and close face-to-face interaction.

Who should be worried about mpox?

Anyone can get mpox regardless of their ethnicity, sex, gender identity, sexual orientation, or other characteristics.



What are the symptoms of mpox?

Symptoms of mpox include:



Fever



Intense headache



Muscle aches



Back pain



Low energy



Swollen lymph nodes



Skin rash or lesions

How can you protect yourself against mpox?

The best ways to protect yourself against mpox are to:

Avoid close contact with people who have a rash that looks like mpox.



Do not touch the rash or scabs.



Do not kiss, hug, or have sex with someone with mpox.

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



Do not share eating utensils or cups.



Do not touch bedding, towels, or clothing.



Wash your hands often with soap and water, or use an alcohol-based hand sanitizer, especially before eating or touching your face and after using the bathroom.



Get vaccinated against mpox.