

# Mpox

Mpox is a virus that can make you sick.

The virus is more often spread through close, skin-to-skin contact.



## BE AWARE



Mpox is spread through close, skin-to-skin contact, including:

- Intimate physical contact (such as kissing, cuddling, or sexual activity), and
- Contact from objects/fabrics that have been touched by infectious rash, scabs, or body fluids.

## KNOW SIGNS



- Rashes or sores
- Swollen lymph nodes
- Fever/chills
- Exhaustion (low energy)
- Headache and general body aches
- Respiratory symptoms
- The time from infection to symptoms ranges from 3 to 21 days.
- People can also spread the virus to others from 4 days before the start of symptoms. Only people who eventually develop symptoms can spread the virus.

## LOWER YOUR RISK



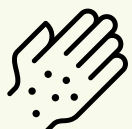
- Get vaccinated if you are at risk for mpox.
- Talk to your sexual partner(s) about any recent illness or symptoms, possible exposures to mpox, and new or unexplained sores or rashes.
- Limit close contact with people who have symptoms, like sores or rashes, and people who were exposed and are in their 21-day monitoring period.
- Avoid touching rashes/scabs; and contact with objects and materials (e.g., clothing, bedding, and towels) that someone with mpox that has used.

## IF EXPOSED



- Continue daily routine activities (e.g., work, school).
- Get vaccinated within the first 14 days after exposure, or if notified by the Health Department.
- Monitor for signs and symptoms, and avoid sexual contact with others, for 21 days is highly recommended.

## IF YOU ARE SICK



- Isolate (stay) at home and monitor symptoms. Illness typically lasts 2-4 weeks.
- Contact your healthcare provider to get tested if you have a rash.
- Get treatment, if needed.
- Inform close contact(s). Visit [www.tellyourpartner.org](http://www.tellyourpartner.org) for anonymous partner notification.



For updates, text COSD MONKEYPOX to 468-311. For resources, visit:

[SanDiegoCounty.gov/mpox](http://SanDiegoCounty.gov/mpox)



6/12/2023