

## Protect yourself from mpox virus

Mpox is a virus that can cause a painful rash. It spreads mostly through prolonged skin-to-skin contact, especially sexual contact. It can also be spread by touching items that someone with mpox has touched. Anyone can get mpox, but men who have sex with men and people who have multiple sexual partners have been more likely to get mpox.



### To protect yourself:

- ✓ If you think you might be at risk for getting mpox, ask health services staff about getting vaccinated
- ✓ Wash your hands often with soap and water
- ✗ Avoid skin-to-skin and sexual contact with people who have a rash that looks like mpox
- ✗ Don't share eating utensils, cups, bowls, or personal items
- ✗ Don't share bed linens, towels, or clothes

### If you are exposed to someone who has mpox

- You might be offered a vaccine to help prevent infection.
- Check yourself for symptoms for 21 days:
  - » Itchy/painful rash that looks like sores or blisters
  - » Fever, chills, headache, or muscle aches
- If symptoms develop, let health services know as quickly as possible.
  - » Your rash might be tested for the virus.
  - » While you are waiting for the results, you might be housed in a separate room away from other people.



### If you test positive for mpox

- You should be housed in a separate room until the rash heals.
- You might be offered treatment to help the rash heal more quickly, if needed.
- Wear a mask and cover the rash if you have to be around others.

