

# How to Prevent Mpox

## What is Mpox

Mpox, previously known as monkeypox, is a rare disease viral illness.

Anyone can get mpox, regardless of their sexual orientation or gender identity.

Since mid-May 2022, cases of mpox have been identified in the U.S., where cases don't normally occur.

## How it spreads

Mpox can spread to anyone with close and/or skin-to-skin contact, including:

- Direct contact with the rash, sores, or scabs.
- Through prolonged contact with respiratory droplets or fluids from someone with mpox (e.g., kissing, sharing food/drink).
- Less commonly, by wearing clothing or sleeping in the same bed as a person who has mpox.

## Symptoms

A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus. Some people may have only one sore, bump, or blister.

Other symptoms of mpox can include:

- Fever or chills
- Swollen lymph nodes
- Headache
- Fatigue
- Body aches (including muscle and back)

Most people with mpox recover on their own and do not need to go to the hospital. The rash/sores can be extremely painful and there are medicines that can help.

## Prevention

Take the following steps to prevent getting mpox:

- Avoid close, skin-to-skin contact, and sex (oral, anal, vaginal) with people whose infection status is unknown.
  - Limit your number of sex partners to reduce the possibility of exposure.
  - If you or your partner have recently been sick, currently feel sick, or have a new or an unexplained rash, do not have sex and see a health care provider.
- Avoid close, skin-to-skin contact with people who have a new, unknown rash.
  - Do not touch the rash or scabs of a person with mpox.
  - Do not kiss, hug, cuddle, or have sex with someone with mpox.
  - Do not share eating utensils or cups with a person with mpox.
- Do not handle or touch the bedding, towels, or clothing of a person with mpox.
  - If you do have to handle laundry of someone with mpox, wear appropriate safety equipment including a gown, gloves, eye protection, and a mask.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

Minnesota Department of Health

[www.health.state.mn.us](http://www.health.state.mn.us)

8/3/2022

*To obtain this information in a different format, call: 651-201-5414.*