

KEY FACTS ABOUT MPOX

Mpox is a contagious disease caused by a virus. Some people may be more likely to get severely ill from mpox, including people with severely weakened immune systems, children under one, people with a history of eczema, or women who are pregnant.



Symptoms

- Skin rash
- Fever
- Chills
- Headache
- Swollen lymph nodes
- Sore throat
- Cough
- Stuffy nose
- Body aches

It can take up to three weeks for mpox symptoms to appear after being exposed to an infected person.



How mpox spreads

Mpox can spread through:

- skin-to-skin contact, including sex, with a person with mpox.
- contact with saliva, body fluids, or lesions from a person with mpox.
- sharing bedding, towels, clothing, personal care items, or other materials contaminated with the virus.

A person can spread mpox to others from the time symptoms start until the rash fully heals, and may be able to spread it from 1 to 4 days before they have symptoms.



Prevention

- Vaccines are available for people who have been exposed or those at highest risk of mpox infection. Two doses of the mpox vaccine are recommended for best protection.
- Avoid close contact with people who have mpox or its symptoms.
- Wash your hands often or use hand sanitizer.



Treatment

- If you think you may have mpox, call your health care provider right away.
- Most people recover fully in 2 to 4 weeks at home, but more severe cases may need additional care or hospitalization.
- There are no treatments specifically approved for mpox, but there are FDA-regulated drugs and biologics that may help.



nj.gov/health/mpox

Adapted from the Centers for Disease Control and Prevention

