

## Get the Facts: **Mpox** and **Sexual Health**

### **Mpox is an infection caused by a virus.**

Symptoms can be mild, but some cases can be more severe and require hospitalization. Here is what you need to know to stay safe and prevent the spread of this infection.

## What are the **symptoms of mpox**?

- **Flu-like symptoms** may occur before the rash such as fever, head and body aches, swollen lymph nodes, and chills.
- **Rash, bumps, or blisters** that may be on or around the genitals or other areas (such as the hands, feet, face, or chest). At first it may look like pimples, may be itchy or painful, and can look similar to other common skin rashes or sexually transmitted infections.

## How does **mpox spread**?

Mpox spreads through **close, physical contact between people**, including:

- Direct contact with mpox rashes.
- Contact with saliva, respiratory fluids such as mucus, or prolonged face-to-face contact (talking, breathing).
- Contact with objects or fabrics used by someone with mpox such as towels, bed linens, and clothing.

## What should I do if I have symptoms or may have been **exposed**?

If you have any mpox symptoms, **contact your health care provider**, urgent care center, or hospital right away. Call before you go so they can see you in a private area away from other people. Be sure to wear a mask. Let your health care provider know if you have recently traveled, or had contact with someone with a similar rash or who was diagnosed with mpox.

## How can mpox be **prevented**?



**Get vaccinated** with two doses of JYNNEOS and...



**Ask** your sexual partners if they have a rash or other symptoms of mpox.



**Avoid** skin-to-skin contact with someone who has a rash or other symptoms of mpox.



**Contact** a health care provider if you have symptoms or may have been exposed.



**Avoid** contact with materials such as bedding, towels, clothing, or other objects used by an infected person.



**Isolate** infected people from those at risk for infections.



**Wash** your hands well with soap and water, or use alcohol-based hand sanitizer after contact with infected people.



**Check** the CDC's Traveler's Health website before you travel for additional health recommendations and notices for your destination.



For more information, visit [nj.gov/health/mpox](https://nj.gov/health/mpox) or scan QR code.