

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?

Symptoms may include:

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

How does mpox spread?

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

- Direct contact with mpox rashes
- Respiratory droplets or oral fluids from prolonged face-to-face contact
- 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 healthcare provider**, urgent care center, or hospital right away. Call before you go so they can be ready to isolate you from other people. Be sure to wear a mask. Let your healthcare provider know if you have recently traveled, had contact with someone with a similar rash or who was diagnosed with mpox.

How can mpox be prevented?

- **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 healthcare 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

Is there a vaccine?

The vaccine for mpox virus is called **JYNNEOS**. While vaccination is important to help prevent the spread of mpox, people who are vaccinated should continue to protect themselves by avoiding close, skin-to-skin contact, including intimate contact, with someone who has mpox.

For more information, visit
bit.ly/njmpx
or scan the QR code:



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