

# Monkeypox (mpox)

What you need to know to protect **yourself** and your **community**



## WHAT IS MPOX?

Monkeypox, or **mpox**, is part of the same family of viruses that cause smallpox (not related to chickenpox). mpox is primarily transmitted through **close personal contact** including kissing, sex, and other skin to skin contact.



## WHAT ARE THE SYMPTOMS?

Key symptoms are: **rashes, bumps, and blisters**. These may appear on the face, palms, or soles of your feet. Some other common symptoms are **sores** or **lesions** around the anus/butt or genital area.



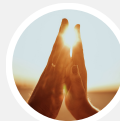
## WHAT SHOULD I KNOW?

While the current U.S. MPV outbreak is disproportionately impacting gay, bisexual, same gender-loving-men, transgender, and non-binary communities, **anyone can get MPV**. Since it spreads primarily through direct skin-to-skin contact with a person infected with MPV, it is not limited or restricted to only these impacted communities. **The virus knows no bounds!**



## HOW DO I PROTECT MYSELF?

**Ask your sex partner/s** about any symptoms they are having, such as any unusual rashes or sores in the last 3 weeks. **Condoms & barrier methods** may protect your *anus/butt, mouth, penis, or vagina* from exposure. However, **condoms alone** may **not** prevent exposure to MPV since the rash and blisters can occur on other parts of the body. Finding ways to reduce risk that **works for you** will help protect you.



## HOW DOES IT SPREAD?

MPV is spread through **direct skin to skin contact**, like touching someone's rash or sores, and **sharing bedding** or **towels**, or through **respiratory droplets** (kissing, coughing, or sneezing).



## WHERE CAN I GO TO GET HELP?

If eligible, get **vaccinated** if you have recently been exposed to MPV. Talk with a trusted health care provider, or contact your **local health department, the number below, or this website ([mpoxvaxmap.org](https://mpoxvaxmap.org))** for help and ease in finding the nearest vaccination location.

