

# Health Tips & Info on Monkeypox (mpox)

An **outbreak of mpox** in the United States lead to an **uptake of cases in Illinois**. Here's what you need to **know**.

## Stay healthy during Pride with these tips:

- **Avoid** skin-to-skin or face-to-face contact if possible.
- **Wash** your hands and any other items (like bedding, toys, towels) whenever there is close physical contact.
- **Stay home** if feeling sick with fever or swollen nodes.
- Call your **health care provider** if you see rash, sores, blisters, or other mpox symptoms.

## How is mpox spread?

Through close personal contact with someone with mpox, often **skin-to-skin** or **face-to-face** contact. They may have a rash, sores, pimples, blisters, or flu-like illness. mpox can spread during sex, hugging, massage, kissing, or even by touching objects (sex toys), fabrics (clothing, bedding, or towels), or surfaces touched by someone with mpox.

## What are the symptoms?

mpox symptoms usually start within two weeks of exposure. First symptoms may include **flu-like symptoms**, such as fever, headaches, muscle aches, backaches, swollen lymph nodes, chills, or exhaustion. **Rash** or **sores** may appear all over the body or near certain areas like genitals, anus, hands, feet, chest, or face. These sores can look like pimple or blisters and may be painful or itchy. They can be inside the body, including mouth, anus, or vagina.

## Who is at risk?

**Anyone can get mpox.** A lot of close contact with other people - skin-to-skin or face-to-face - can increase your risk. You can lower your risk by limiting your direct physical contact, wearing long sleeved clothing, or keeping a little distance between yourself and others in crowded situations.

## What should I do?

**IF YOU FEEL SICK OR HAVE ANY RASHES OR SORES, separate from others immediately, do not attend any gathering, and call to make an appointment to see a health care provider.**

- Events are safer when people are fully clothed and not much skin-to-skin or face-to-face contact occurs.
  - Raves, circuit parties, or clubs where people show more skin and more touching occurs could be riskier.
  - Avoid touching any rashes, sores, pimples, or blisters on others.
  - Be aware that kissing could spread mpox.
  - Wash your hands, sex toys, towels, and bedding before and after sex or other close physical contact.
  - Contact your health care provider right away if you have symptoms.
- If you don't have a doctor, call

to schedule an appointment for vaccinations or treatment.

For more info go to:

[dph.illinois.gov/mpox](https://dph.illinois.gov/mpox)

or use your **phone's camera** and scan the QR code below to be taken to IDPH's website on mpox

