Health Tips & Info on Monkeypox (MPV)

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

How is MPV spread?
Through close personal contact with someone with MPV, often skin-to-skin or face-to-face contact. They may have a rash, sores, pimples, blisters, or flu-like illness. MPV 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 MPV.

What are the symptoms?
MPV 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.

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 MPV symptoms.

Who is at risk?
Anyone can get MPV. 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 MPV.
- 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.

For more info go to: dph.illinois.gov/mpv
or use your phone's camera and scan the QR code below to be taken to IDPH's website on MPV.