

MPOX FACT SHEET

What is mpox?

Mpox is a rare but potentially serious disease. Mpox is in the same family of viruses as smallpox, but mpox typically results in a milder infection. It is rarely fatal. It is not related to chickenpox.

What are the symptoms?

Symptoms may include:

- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches
- Backache
- Headache
- Respiratory symptoms, such as sore throat, nasal stuffiness, or cough
- A rash (that can look like pimples or blisters) that appears on the face, mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus

Although rarely fatal, symptoms can be extremely painful, and people might have permanent scarring resulting from the rash.

How long do the symptoms last?

Mpox symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later.

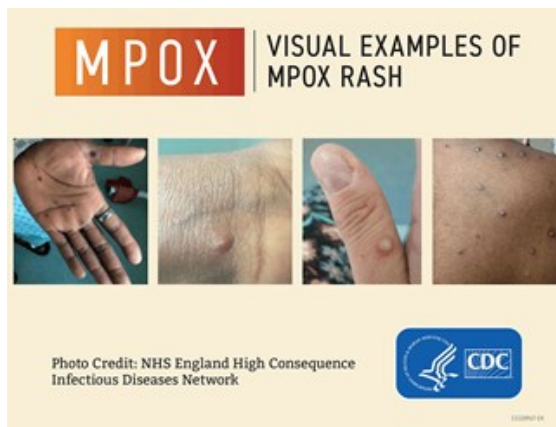
Mpox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed.

The illness typically lasts 2-4 weeks.

How is it spread?

Mpox can spread person to person through close, personal, often skin-to-skin contact, including:

- Direct contact with mpox rash, sores, or scabs
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with mpox
- Through respiratory droplets, secretions, or oral fluids from a person with mpox
- This contact can happen during intimate sexual contact, including:
 - ◊ Oral, anal, and vaginal sex or touching the genitals or anus of a person with mpox
 - ◊ Hugging, massage, or kissing and talking closely
 - ◊ Touching fabrics and objects during sex that were used by a person with mpox, such as bedding, towels, and sex toys



More information: www.cdc.gov/mpox

This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a healthcare provider. For more information call your healthcare provider.

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How can it be prevented?

1. Get vaccinated! JYNNEOS, a two-dose vaccine given four weeks apart, provides protection against mpox.
2. Avoid close, skin-to-skin contact with people who have a rash that looks like mpox.
 - Do not touch the rash or scabs of a person with mpox.
 - Do not kiss, hug, cuddle, or have sex with someone with mpox.
3. Avoid contact with objects and materials that a person with mpox has used.
 - Do not share eating utensils or cups with a person with mpox.
 - Do not handle or touch the bedding, towels, or clothing of a person with mpox.
4. Wash your hands often.
 - Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.
5. Isolate infected people from others who could be at risk for infection.

If you are diagnosed with mpox:

1. The JYNNEOS vaccine can be given after being exposed to mpox. It is a two-dose series given four weeks apart. People need to get both doses of the vaccine for the best protection.
2. There are no treatments specifically for mpox. But because the viruses that cause mpox and smallpox are similar, antiviral drugs developed to protect against smallpox may be used to treat mpox effectively.
3. The antiviral drug [tecovirimat \(TPOXX\)](#) is available for people with severe mpox disease or who are at high risk of severe disease. If you believe you are a candidate for tecovirimat, talk with your healthcare provider.
4. Follow the treatment and prevention recommendations of your health care provider.
5. Avoid sex or being intimate with anyone until all your sores have healed and a fresh layer of skin has formed.

If you have a new, unexplained rash or other mpox symptoms:

- See your health care provider right away.
- *Avoid sex or being intimate with anyone until you have been checked out.*

More information:

CDC: www.cdc.gov/mpox

Michigan Department of Health and Human Services: www.michigan.gov/mpv

Michigan's Vaccine Information: <https://tinyurl.com/MPVvaccine>

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