

MPOX

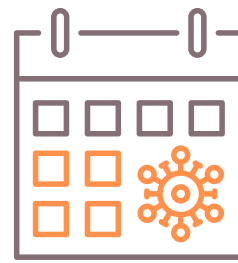
Facts, Symptoms, Prevention & Treatment

Mpox is a rare disease that is caused by a virus that is related to the virus that causes smallpox.

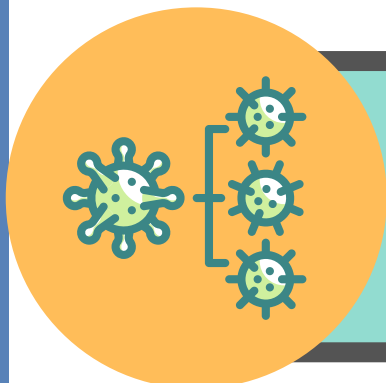


SIGNS & SYMPTOMS

Symptoms typically appear within 3 weeks of exposure to the virus. The illness typically lasts 2-4 weeks.



- Fever
- Headache
- Exhaustion
- Muscle aches & backache
- Swollen lymph nodes
- Respiratory symptoms (sore throat, congestion or cough)
- Chills
- Rash may appear 1-4 days after flu-like symptoms, located on or near genitals, anus, hands, feet, chest, face or mouth



HOW IS IT SPREAD?

Close, skin-to-skin contact

- Direct contact with a rash, sores, scabs or bodily fluids
- Touching objects or fabrics used by someone with monkeypox
- Contact with respiratory droplets (coughing, sneezing, talking)

Intimate contact

- Sex, kissing, massage, and hugging
- Prolonged face-to-face contact
- Touching fabrics or objects during sex that were used by someone with monkeypox

Pregnant women can spread the virus to their fetus during pregnancy or to the newborn by close contact during and after birth

Infected animals by being scratched or bitten



TESTING & TREATMENT

- If you have a new or unexplained rash or symptoms, call your doctor immediately
- Isolate & avoid close contact with others in your home
- Currently, no treatment is approved for Mpox virus infections. Antivirals used to treat patients with smallpox may be beneficial.
- Testing is only recommended if you have a rash consistent with mpox.
- Only a healthcare provider can order an mpox test. For more information on testing:



PROTECT YOURSELF & OTHERS



Avoid close, skin-to-skin contact with people who have a rash that looks like mpox



Avoid contact with any objects & materials, such as bedding, that a person with mpox has used



Wash your hands often with soap & water or use an alcohol-based hand sanitizer



Get vaccinated! The JYNNEOS vaccine is approved for prevention of smallpox and mpox.

For NJ vaccine locations →



Talk to your partner about any illness & be aware of new rashes on your bodies. If you & your partner are sick, do not have sex & talk to your doctor.

Follow these tips to practice safer sex.



STAY UP-TO-DATE WITH TRUSTED SOURCES

www.cdc.gov
www.nj.gov/health
SoCoNJ.gov/health

