

# Mpox: Get the Facts

## Basics

- Mpox (previously known as monkeypox) is a rare viral illness.
- Anyone can get mpox, regardless of their sexual orientation or gender identity.
- Since mid-May 2022, cases of mpox have been identified in the U.S., where cases don't normally occur.

## How it spreads

Mpox can spread to anyone with close and/or skin-to-skin contact, including:

- Through respiratory droplets or fluids from someone with mpox.
- Direct contact with the rash, sores, or scabs.
- Close intimate contact, such as kissing, hugging, or sex.
- Contact with clothing, bedding, and other objects that were used by a person who has mpox.

## Prevention

- Limit your number of sex partners.
- Avoid close, skin-to-skin contact with people who have a rash that looks like mpox.
- Do not touch bedding, towels, or clothing of a person with mpox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- There is limited vaccine available for some people. Find out more at [Mpox Vaccine \(www.health.state.mn.us/diseases/mpox/vaccine.html\)](http://www.health.state.mn.us/diseases/mpox/vaccine.html).

## Symptoms

A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.

Other symptoms of mpox can include:

- Fever or chills
- Swollen lymph nodes
- Headache
- Fatigue
- Body aches (including muscle and back)

Some people may have only one sore, bump, or blister. This may look different from pictures you see online.

## If you have a new rash, sores, or other symptoms

- Avoid close contact with others until you can visit a health care provider.
- Talk to your health care provider, your local clinic, or an STI testing site about getting tested for mpox: [GetTested \(https://gettested.cdc.gov/\)](https://gettested.cdc.gov/).
- To test you for mpox, the provider will swab your rash or sores.
- Remind your provider that this virus is circulating in the community or in countries you may have recently visited.

## If you are diagnosed

- Follow the recommendations of the health care provider.
- Avoid close contact with others until all your sores have healed and a fresh layer of skin has formed. This can take 3-4 weeks.

For more information, visit [Mpox \(www.health.state.mn.us/diseases/mpox\)](http://www.health.state.mn.us/diseases/mpox).

Minnesota Department of Health  
[www.health.state.mn.us](http://www.health.state.mn.us)

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To obtain this information in a different format, call: 651-201-5414.