

PROTECT YOURSELF FROM MPOX

Know the signs



Pimples, rash, bumps



Fever/chills



Muscle aches/fatigue



Swollen lymph nodes

Know the risks



Close skin-to-skin contact



Respiratory droplets from
face-to-face contact



Sharing bedding, clothing, towels,
toothbrushes, dishes

Know what to do



Wash your hands with soap and
water or alcohol-based sanitizer



Avoid skin-to-skin contact with
someone who may have mpox



Do not share bedding, towels,
clothing, or other things used by
someone with mpox

Think you have mpox?

Avoid close contact with others and reach out to a health care provider.

Vaccines are available!

To find out if you are eligible for the mpox vaccine and where your closest vaccine provider is located, scan the QR code or contact 651-201-5414.

