

MPOX

Mpox is a viral infection that can spread through prolonged skin-to-skin contact including:



Touching rash, scabs, or body fluids from a person with mpox



Sharing objects and fabrics (e.g., clothing, bedding, sex toys, towels) used by someone with mpox



Sex, hugging, massage, and kissing





WHAT YOU CAN DO

The best ways to prevent mpox are to:

- Avoid prolonged skin-to-skin contact, including sex, with people who may have mpox
- Not handle items used by people with mpox

Get more information at:



www.health.state.mn.us/diseases/mpox/basics.html