

# Mpox

(previously called monkeypox)

## What You Need to Know

Mpox (previously called monkeypox) infection is a disease that can cause rashes and other symptoms. Learn how you can protect yourself and those around you from mpox.



### **Mpox is spread through close contact with a symptomatic person.**

Mpox is spread by direct contact with the skin or body fluids of an infected person. It can also spread by touching contaminated objects (such as bedding or clothing) or by respiratory droplets during direct and prolonged face-to-face contact. It is not a sexually transmitted infection (STI).



### **Symptoms of mpox can vary.**

Mpox usually causes a rash that starts as flat spots that become raised fluid-filled blisters that can be painful. Some people have just a few spots on one part of the body while others have many all over the body. Other symptoms can include fever, headache, and swollen lymph nodes.



### **Prevention is essential to reducing transmission.**

Avoid skin-to-skin contact with anyone who has open wounds or rashes, and don't share clothing or other items with them. Reduce the number of people you have close, intimate, or sexual contact with. If you have been exposed or are at high risk for infection, ask about getting the mpox vaccine.



### **Vaccination is available for people exposed to mpox or at high risk.**

If your symptoms have not started, post-exposure vaccination within 4 days of exposure may be an option to reduce or prevent symptoms. Talk to your medical provider or local clinic.



### **Seek out care immediately.**

If you have a new or unexplained rash and think it might be mpox, talk to your medical provider or local clinic. Antiviral medications are available to treat mpox if you have severe pain or other symptoms, or have a condition such as a weakened immune system that makes you more likely to get severely ill.

## If you were exposed to mpox:

If you have been exposed and do not have symptoms yet, talk to a health care provider about vaccination.

## How can I get vaccinated?

People who are close contacts of cases or those at high risk of infection can get vaccinated by their medical providers or local clinic.

## Vaccine considerations

If you receive an mpox vaccination, you should still practice other prevention measures, such as not having skin-to-skin contact with someone with mpox infection. You are not considered fully vaccinated until two weeks after your second dose. The vaccine may not be 100% effective so continue to watch for any mpox symptoms.

## If you think you have mpox:

- Cover your rash.
- Isolate yourself from others.
- Immediately talk to your health care provider. It is important to call as soon as you think you have symptoms of the disease.

## If you have been diagnosed with mpox:

Until the scabs are gone and the skin below has healed, do the following:

- Separate yourself from other people and animals (mammals like pets or rodents).
- Restrict family, friends, or other visitors to those with an essential need to be in the home.
- Do not let others touch your skin, especially any areas with a rash.
- Keep lesions covered.
- Do not share bedding, towels, dishes, or utensils.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer. Consider using disposable gloves to cover hand lesions.
- Wash your own laundry and dishes.
- Routinely clean and disinfect commonly touched surfaces and items.
- Avoid use of contact lenses to prevent unintentional infection of the eye.
- Do not kiss, hug, cuddle, sleep, play sports, or have sex with others.
- Wear a well-fitting mask, especially when seeing a health care provider or while you have fever or respiratory symptoms.



For more information, visit [doh.wa.gov/Mpox](https://doh.wa.gov/Mpox) or call 1-833-829-HELP

DOH 348-907 April 2023

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).