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“MPV cases are decreasing across our state, but this outbreak isn’t over yet. Access to information is critical for people to properly assess their risk factors and protect themselves,” said Umair A. Shah, MD, MPH, Secretary of Health. “In addition to vaccination and prevention efforts, this new dashboard is another tool Washingtonians can use to stay healthy and informed.”

It’s important to know your risks for MPV and how to protect yourself. MPV is usually spread through close skin-to-skin contact with a person with an infectious rash. It can also be spread touching objects, fabrics and surfaces that have been used by someone with MPV and contact with respiratory droplets during prolonged face-to-face contact. If you have an unexplained rash, cover it, avoid skin-to-skin contact with others, and see a health care provider. They will determine what testing and treatment is needed. If you’ve been exposed to someone with MPV, contact a health provider or your local health jurisdiction to discuss whether you are eligible for vaccination.

More information is available on the [Washington State Department of Health MPV information page](#).

The [DOH website](#) is your source for *a healthy dose of information*. [Find us on Facebook](#) and [follow us on Twitter](#). Sign up for the DOH blog, [Public Health Connection](#).

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