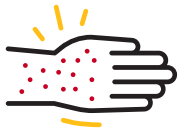


What is it?

Mpox is a rare infection caused by the Mpox virus. Mpox can make you sick including a rash or sores (pox), sometimes with a flu-like illness. Vaccination is an important tool in preventing the spread of mpox. The vaccine may still protect against severe illness, hospitalization, and death. Get vaccinated with both doses of the vaccine for the best protection. [Check with your healthcare provider](#) to find out if the mpox vaccine is recommended for you.

How is it spread?

The virus can spread to anyone through close, personal, or skin-to-skin contact, including:



Contact with Mpox rash, sores or scabs



Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with Mpox



Through respiratory droplets or saliva from a person with Mpox



Pregnant people can spread the virus to their fetus during pregnancy

▶ These kinds of contact can happen during:

- Hugging, kissing, touching, massage
- Close, sexual contact
- Prolonged face-to-face contact with a person with mpox

■ Touching fabrics and objects during sex that were used by a person with mpox, such as bedding, towels and sex toys

▶ The virus can be spread in fluid or pus from mpox sores. It is not yet known if it is present in semen or vaginal fluids.

What are the symptoms?

▶ Mpox causes a rash or sores. It can also make you feel like you have the flu.

▶ Flu-like symptoms can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen glands
- Chills
- Fatigue

▶ A rash or sores can be on the hands, feet, chest, face, penis, or inside or on the mouth, vagina, and anus.

▶ The sores can look like pimples or blisters, and may be painful or itchy.

▶ They will go through several stages, including scabs, before healing.

▶ Mpox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed—this can take several weeks.

What to do if you have symptoms?

If you have a new or unexplained rash, sores, or other symptoms...

- ▶ See your healthcare provider. If you don't have a provider or health insurance, visit health.maryland.gov/CSTIP/local to find a health department near you.
- ▶ When you see a healthcare provider for possible mpox, remind them that this virus may be circulating in the community.
- ▶ Avoid close physical contact with anyone until you have talked to a healthcare provider.

If you or your partner have Mpox...

- ▶ Follow the treatment and prevention recommendations of your healthcare provider.
- ▶ Avoid close physical contact with anyone until all your sores have healed and you have a fresh layer of skin formed.

