

Let's talk about Mpox

Mpox can make you sick. It causes a rash or sores (pox). It can also make you feel like you have the flu. 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.

▶ 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.
- ▶ Sores will go through several stages before healing. This can take several weeks.

How is Mpox spread?

Through close, personal, or skin-to-skin contact with someone who has Mpox, including:

- ▶ Their rash, sores, or scabs
- ▶ Objects, fabrics, and surfaces they touched
- ▶ Their respiratory droplets or saliva

This can happen during:

- ▶ Hugging, kissing, touching, massage
- ▶ Close, sexual contact
- ▶ Prolonged face-to-face contact

Pregnant people can spread the virus to their fetus during pregnancy.

What should I do if I have a new rash, sores, or other symptoms?

- ▶ Call 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

For more information

Scan this code or visit health.maryland.gov/mpox



This document was last revised August 2, 2024. This document is only updated when pertinent revisions are made.

Maryland Department of Health
health.maryland.gov