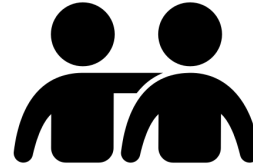


Mpox

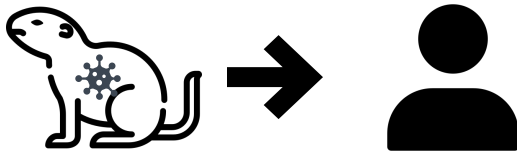
Fact Sheet



Mpox is a serious disease caused by the mpox virus.



Mpox spreads from person-to-person, usually by direct contact. This could be with infectious sores, scabs, body fluids, or contaminated materials (such as clothing). This includes during sexual or intimate contact.

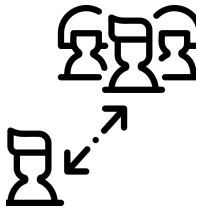


Mpox can also spread from animals to people through bites or scratches. Also by handling wild game or the use of products made from infected animals.

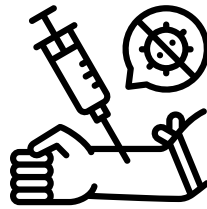


People can be at risk for mpox during international travel. Some cases of mpox in the United States have been associated with international travel.

Prevention



People who have mpox should isolate. Avoid skin-to-skin contact with them.



Talk to a health care provider to see if the mpox vaccine is right for you.



Take steps to reduce skin-to-skin contact during intimate or sexual contact.



Avoid contact with things that a person with mpox used. Do not share eating utensils. Do not handle or touch the bedding, towels, or clothing of a person with mpox.



Do not touch animals that could harbor the virus (including animals that are sick or have been found dead).



Practice good hand hygiene.

Early Symptoms



Fever and chills



Head and Body Aches

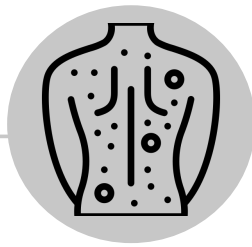


Swollen Lymph Nodes

Later Symptoms



Rash



Pus-Filled Blisters



Scabs

Mpox is characterized by a rash that can look like pimples or blisters. The rash can appear on the face, inside the mouth, and on other parts of the body like hands, feet, chest, genitals, or anus. The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks. Sometimes, people get a rash, followed by other symptoms. Others may only experience a rash.



Talk to a health care provider if you have any of these signs and symptoms, or if you have been exposed to mpox. They can help with coordinating testing and treatment.

For More Information



Contact a health care provider or Maine Center for Disease Control and Prevention at 1-800-821-5821 for more information.

You can also visit:

- www.cdc.gov/poxvirus/monkeypox.
- www.maine.gov/dhhs/monkeypox