

Mpox - General Patient Information on Mpox

- Anyone can get mpox
- This is a public health issue for all people
- What you need to know and do:
 - Know what mpox is, how it can spread, seek health care if you experience mpox-like symptoms and prevent spread.

WHAT IS mpox is a rare disease caused by infection with the mpox virus, which belongs to the family of viruses that includes variola virus (which causes smallpox), vaccinia virus (used in the smallpox vaccine), and cowpox virus- but it is not related to chickenpox. Mpox does not spread easily between people without close contact. The threat of mpox to the general U.S. population remains LOW.

MPOX IS SPREAD THROUGH:

- Direct contact with an infectious rash, scabs, or body fluids
- Respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex
- Touching objects, fabrics (such as clothing or linens) that previously touched the rash or body fluids of someone with mpox
- Being scratched or bitten by an infected animal
- Mpox can be acquired by all people, regardless of gender identity or sexual orientation.
- Mpox causes a rash.
- Mpox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. This can take several weeks.

IF YOU HAVE mpox, PREVENT THE SPREAD:

- Remain [isolated at home or at another location](#) for the duration of illness
- People can spread mpox from the time symptoms start until all symptoms have resolved, including full healing of the rash with formation of a fresh layer of skin. Ideally, people with mpox would remain in isolation for the duration of illness, which typically lasts two to four weeks. However, if a person with mpox is unable to remain fully isolated throughout the illness, they should do the following:
 - While symptomatic with a fever or any respiratory symptoms, including sore throat, nasal congestion, or cough, remain isolated in the home and away from others unless it is necessary to see a healthcare provider or for an emergency.
 - This includes avoiding close or physical contact with other [people](#) and [animals](#).
 - Cover the lesions, wear a well-fitting mask (more information below), and avoid public transportation when leaving the home as required for medical care or an emergency.
 - While a rash persists but in the absence of a fever or respiratory symptoms
 - Cover all parts of the rash with clothing, gloves, and/or bandages.
 - Wear a well-fitting mask to prevent the wearer from spreading oral and respiratory secretions when interacting with others until the rash and all other symptoms have resolved.

- Masks should fit closely on the face without any gaps along the edges or around the nose and be comfortable when worn properly over the nose and mouth.
- Until all signs and symptoms of mpox illness have fully resolved
 - Do not share items that have been worn or handled with other people or animals. [Launder or disinfect](#) items that have been worn or handled and [surfaces](#) that have been touched by a lesion.
 - Avoid close physical contact, including sexual and/or close intimate contact, with other people.
 - Avoid sharing utensils or cups. Items should be cleaned and disinfected before use by others.
 - Avoid crowds and [congregate settings](#).
 - Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.

For more information, please visit www.cdc.gov/monkeypox