



# Understanding mpox

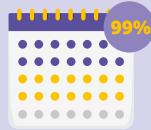
What it is & Signs to Watch Out For

## Quick Facts

**smallpox**  
≠ **mpox**

Mpox is a disease caused by the mpox virus.

The virus is in the same family as smallpox, and they cause similar symptoms, although those of mpox are generally milder.

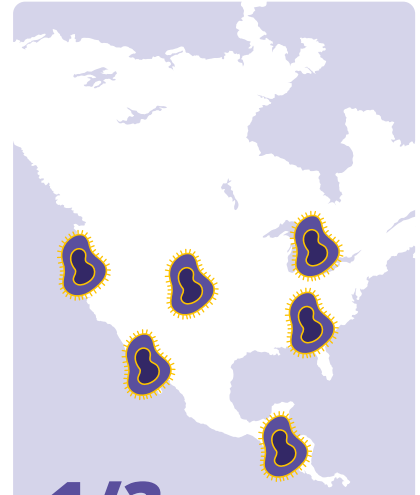


Mpox typically **lasts 2-4 weeks** with a survival rate of **over 99%**.



The mpox virus is highly contagious and can be associated with severe health conditions in:

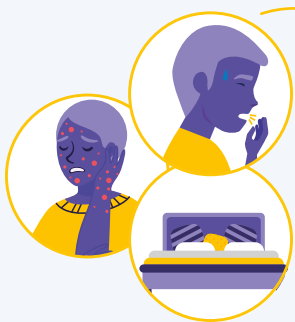
- Immunocompromised individuals.
- Children under 1 year older.
- People with a history of eczema.
- People who are pregnant or breastfeeding.



**1/3**

As of Fall 2023, one-third of global mpox cases are in the U.S.

## How does mpox spread?



Mpox spreads through direct contact with rash or bodily fluids, respiratory droplets, or contaminated objects.



Close contact is within 6 feet for at least 15 minutes and can occur through talking, touching, kissing, or intimate activity.

# What are the most common symptoms?

Mpox symptoms include\*:



Fever



Chills



Swollen lymph nodes



Rash with pimples, blisters, and sores\*\*



Exhaustion



Muscle aches



Headache



Respiratory symptoms



Sore throat



Cough



Skin lesions



Backache

\*The rash may appear on hands, feet, chest, face, mouth, or genitals and goes through stages before healing.

\*\***Incubation period:** 3-17 days. Watch for symptoms for 21 days from the last exposure.

## What should I do if I experience symptoms?



If you have symptoms, especially a rash, visit a healthcare provider.



Mpox symptoms usually start 3-17 days after exposure.



Most people with mpox can spread it.



New data suggest some people may spread mpox 1-4 days before symptoms appear.



**Remember, early detection and action are crucial in managing mpox.**

Stay informed, **stay safe!**



Join us as we **COMMIT TO CARE.**  
Community. Awareness. Responsibility. Equity.

