

Understanding mpox

How to Stop the Spread

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Quick Facts

Remember, 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.

I Think I Have mpox, What Should I Do?



Consult Your Physician

They will help confirm the diagnosis.



Stay home

If possible, isolate from others in your household.



Wash hands

Frequently with soap and water, especially before or after touching sores.



Wear a mask

This is a simple way to help protect others.



Avoid touching shared items

The virus easily spreads through direct contact with surfaces.



Keep skin dry

Cover sores only when around others to keep skin dry.



Increase ventilation

Opening windows and using in-room air cleaners help dilute the air.



Disinfect

Frequently clean shared spaces and avoid touching shared items. *Remember to wash your hands after doing this.*



Take medications

Over-the-counter pain relievers like paracetamol (acetaminophen) or ibuprofen. *Remember to always follow your physician's advice.*



Use saltwater rinses

For mouth sores.



Take baths

Sitz or warm baths with baking soda or Epsom salts can help with body sores.



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Don't:



Pop blisters or scratch sores.

This can slow healing and spread the rash.



Attend large events or visit spaces.

Remember, mpox is highly infectious, has a long incubation period, and can spread through touch or breathing virus particles.



Shave areas with sores.

Wait until the scabs have healed and new skin is underneath.



Have intimate encounters.

Avoid intimate encounters until lesions have healed and scabs have fallen off.

Preventing the Spread of mpox



Stay home

If possible, isolate from others in your household until lesions have healed and scabs fall off.



Cover lesions and reduce physical contact

Use a medical mask when around others.



Avoid intimate encounters

While condoms reduce the risk, they don't prevent skin-to-skin or mouth-to-skin spread.



Get an mpox vaccine

Within 4 days of contact (up to 14 days if no symptoms).



Remember, early care and prevention are crucial.

Stay informed. **Take care of yourself** as you take care of others.



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