

What's Mpox?



Mpox (originally known as monkeypox) is a highly contagious viral infection caused by the mpox virus.

smallpox
≠ **mpox**

It is a member of the same virus family as smallpox but tends to cause milder symptoms.



Mpox has seen over 100,000 cases worldwide, with the U.S. holding one-third of all cases.



Understanding how mpox spreads is essential for protecting yourself and your community from this infectious disease.



Early identification of mpox signs is crucial for effective management and prevention.

About Commit to **C.A.R.E.**

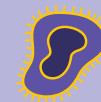
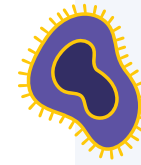
Commit to **C.A.R.E.** is a collaborative effort by the Integrated Bioscience and Built Environment Consortium (**IBEC**) and the American Industrial Hygiene Association (**AIHA**) committed to delivering clear, science-based education to help protect the communities where we work and live.

Our free resources and tools are designed to empower accountability and responsibility while facilitating fair and equitable access to information.

To access valuable resources, educational materials, and updates on mpox, visit our official landing page at commit2care.org/combating-mpox

Stay informed, and be sure to take care of yourself as you take care of others.

COMMIT TO



Combating Mpox

Concise, actionable steps to protect yourself and your community from mpox.

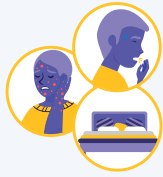
Join us as we **C.A.R.E.**

Community. Awareness. Responsibility. Equity.

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How Does Mpox Spread?



Mpox spreads through direct contact with rash or bodily fluids, airborne particles, 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



Pimples, blisters, and sores**



Exhaustion



Muscle aches



Headache



Respiratory symptoms



Sore throat



Cough



Skin lesions



Backache

* Watch for symptoms for 21 days from the last exposure. Some people can spread mpox to others 1-4 days before symptoms appear.

** A person with mpox can spread the virus from when symptoms start until the rash heals fully.

I Think I Have mpox, What Should I Do?

✔ Consult your physician

✔ Stay home

✔ Wear a mask

✔ Disinfect surfaces and objects

✔ Use saltwater rinses for mouth

Do:

✔ Avoid touching shared items

✔ Wash hands

✔ Keep skin dry

✔ Take OTC medication

✔ Increase ventilation

Don't:

✘ Pop blisters or scratch sores

✘ Shave areas with sores

✘ Attend large events or visit spaces

✘ Have intimate encounters

Preventing The Spread of Mpox



Isolate, if possible



Cover lesions and reduce physical contact



Avoid intimate encounters



Get the mpox vaccine



Mpox Vaccines

Everything You Need to Know

The mpox vaccine trains your immune system, reducing infection risk and lessening illness severity.



Two doses, 4 weeks apart, provide maximum protection, with recent studies showing **86% effectiveness**.

The vaccine is generally safe, with rare serious side effects.

✔ Consult a healthcare professional for any vaccination concerns.

Get informed, **get vaccinated**, and help protect yourself and your community!

