

MPox

and Sexual Health: What You Should Know

What is mpox, and what should I know?

- Anyone can get mpox. However, based on the current outbreak, certain populations are being affected by mpox more than others, including men who have sex with men (MSM).
- Mpox is a rare, viral infection that does not usually cause serious illness. However, it can result in hospitalization or death.
- Based on previous outbreaks of mpox around the world, some groups may also be at heightened risk for severe outcomes if they contract mpox.
- This includes people with weakened immune systems, older New Yorkers, young children under 8 years of age, and pregnant people.
- Everyone should stay informed about mpox. This means understanding the symptoms, how it spreads, and what to do if you are exposed.

What are the symptoms of mpox?

Symptoms of mpox include:

- Rashes, bumps, or blisters that may appear on or around the genitals, or in other areas, such as your hands, feet, chest, or face.
- Flu-like symptoms, such as fever, headache, muscle aches, chills, and fatigue. These symptoms may occur before or after the rash appears, or not at all.

How does mpox spread?

- Close, direct contact with mpox sores or rashes on an individual who has mpox.
- Respiratory droplets or oral fluids from someone with mpox, especially if you are around them for a long time.
- Contact with objects or fabrics (such as clothing, bedding, towels) that have been used by someone with mpox.

What should I do if I was exposed or have symptoms of mpox?

If you have symptoms like rashes or lesions, call your health care provider, especially if you've had contact with someone who has a similar rash, or someone who has a suspected/confirmed case of mpox.

How can I protect myself against mpox?

- Ask your sexual partners whether they have a rash or other symptoms consistent with mpox.
- Avoid skin-to-skin contact with someone who has a rash or other mpox-related symptoms.
- If you are exposed or have symptoms, call your health care provider.
- Get vaccinated.

For more information:

Follow trusted sources of health information, including:

- NYSDOH Mpox
www.health.ny.gov/mpox
- CDC Mpox | Poxvirus
www.cdc.gov/vaccines/hcp/vis/vis-statements/smallpox-monkeypox.html
- Your local county health department
www.health.ny.gov/contact/contact_information/



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