

# Mpox

(also known as  
monkeypox)

## What is mpox?

Mpox is a disease caused by the monkeypox virus, which is related to smallpox. It causes flu-like symptoms and a rash, bumps, or sores.

## How does mpox spread?

It can be passed from person to person with someone who is infected through:

- Direct skin-to-skin contact with rash, bumps, or sores (kissing, sex, cuddling)
- Sharing personal items (blankets, clothes, fork/spoon)
- Coughing or sneezing



Scan for  
more info.

## Signs and symptoms of mpox



Rash, bumps,  
or sores



Headache



Fever



Swollen  
lymph nodes



Muscle or  
body aches



Extreme  
fatigue



Coughing or  
sneezing

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## How can I prevent mpox?

- Limit the number of sex partners or new partners to reduce your risk.
- Avoid sex or other intimate contact if you or your partner have new skin wounds, other symptoms, or have come in contact with the virus.
  - Condoms DO NOT prevent the spread of the virus (but do stop the spread of other infections).
- Avoid contact with clothing, blankets, and sheets that have been used by someone who has the virus.
- Wash your hands if you have come in contact with the virus.
- **GET VACCINATED:** There is a vaccine available for certain individuals.

**Contact the Benton County Health Department | 541-766-6835**



## What do I do if I have symptoms?

- Stay away from others and contact a doctor. If you do not have a doctor, contact our Benton County Public Health Nurse.
- Ask about testing, if you have a new rash, bumps, or sores, especially if you know you have been in contact with someone who has the virus.

**Benton County Public Health Nurse | 541-766-6255**

Updated 11/30/2022



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