

What is mpox?

Mpox is a disease caused by the monkeypox virus, which is related to smallpox. While it is less severe and contagious than smallpox, mpox can be an unpleasant and sometimes serious illness. The disease is usually spread through skin-to-skin contact. Mpox is not limited to one community or another; anyone can get the disease.

Mpox

(also known as monkeypox)



How does mpox spread?

In most cases, mpox is spread by:

- Close, prolonged skin-to-skin contact with rash, bumps, or sores with someone who has mpox. This is the most common method of infection and may include sex, cuddling, massage, and kissing.
- Contact with towels, clothing, bedding, or other objects that have been in contact with mpox lesions. Infection happens much less often this way.
- Respiratory droplets during extended face-to-face contact with someone who has mpox. This type of spread is uncommon.

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 prevent the spread of other infections).
- Avoid contact with materials such as bedding that have been used for an extended period of time by someone infected.
- Wash hands thoroughly if you have contact with someone infected with mpox.
- GET VACCINATED: There is a vaccine available to protect people with high-risk exposure to someone with mpox. Contact your doctor or Benton County Health Department.

What do I do if I have symptoms?

- Isolate yourself at home and contact a doctor or Benton County Health Department.
- Ask a doctor about testing if you develop a new rash, bumps, or sores, especially if you know you have been in contact with someone who has the virus.

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