

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



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Signs and symptoms of mpox



**Rash, bumps,
or sores**



Headache



Fever



**Swollen
lymph nodes**



**Muscle or
body aches**



**Extreme
fatigue**



**Coughing or
sneezing**

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. Contact your doctor or Benton County Health Department.



What do I do if I have symptoms?

- Stay away from others and contact your doctor or Benton County Health Department.
- 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.

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