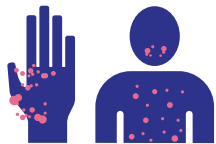


# What you need to know about: **MP****OX**

## What is mpox?

Mpox is a viral zoonotic disease, meaning that it can spread from animals to humans. It can also spread between people by close physical and sexual contact with infected people who have symptoms, like rash, bumps and/or flu-like illness.

## What are the symptoms of mpox?



**Rash with blisters on face, hands, feet, eyes, mouth and/or genitals.**

The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.



Fever



Headache



Muscle aches  
& backache



Swollen  
lymph nodes



Chills



Exhaustion

## How do I reduce my risk?

- Consider **pausing on the apps** and hitting it up with your regulars instead.
- **Talk to your partners.** Have any of you traveled out of the state? See a rash or sores on a partner?
- **Condoms can help reduce your risk**, as there is less skin-to-skin contact.
- Layer up! Keep on those jeans, that crop top, leather, or Lycra on the dance floor and in bed. **Reducing your skin-to-skin contact will reduce your risk.**
- Feel sick or notice a new rash or sores? **Call the DOH hotline to learn about the vaccine or treatment. 1-855-600-3453, option 4. We're here for you, and we're going to get through this together!**

For more information, visit: [nmhealth.org/about/phd/idb/mpv](https://nmhealth.org/about/phd/idb/mpv)