

What To Know About Mpox

As of August 2024, the World Health Organization has declared Mpox as a public health emergency of international concern.

Mpox, a viral disease previously known as monkeypox is mainly spread through intimate contact, sex, or prolonged skin-to-skin contact with someone with the virus. Most cases of Mpox are rarely fatal, however some serious illness can occur in rare cases.



Who is at risk?

- Anyone can contract Mpox as the virus is not limited to sex or sexual orientation. It is important to stay protected and informed about the virus. However, based on current cases, the virus is most reported by people who identify as gay, bisexual, other men who have sex with men; transgender people; gender-nonconforming people; and nonbinary people.
- People with HIV or other immunocompromised conditions, young children, older adults, people who are pregnant, or have certain skin conditions are at increased risk of severe illness.

How do I stay protected?

- Individuals at risk of exposure can receive the JYNNEOS vaccine. The two-dose vaccine is free and available to New Yorkers regardless of immigration status, sexual orientation, or gender identity. The vaccine is effective in reducing the risk of infection and symptoms if infected.
- To find a vaccination site, You can visit [CDC Mpox Vaccine Locator](#) or [vaccinefinder.nyc.gov](#).
- To further stay protected, consider the following:
 - Avoid or limit intimate contact or sex with anonymous partners.
 - Avoid crowded parties and raves where you can have prolonged intimate contact with multiple parties.
 - Talk with your intimate partner(s) about having rashes or symptoms consistent with Mpox and seek testing or treatment.
 - Wash your hands often and do not share clothes, towels, toothbrushes.
 - Thoroughly clean hands, sex toys, bedding, and towels after sex.



NOTE: This document is provided for general informational purposes only, and does not substitute professional medical advice. All website links are current as of 2024.08.21 and are subject to change.

What symptoms should I look out for?

- If you are exhibiting rashes or sores, contact a health care provider immediately. After exposure, it can take from a few days up to weeks before symptoms start showing and can last 2 to 4 weeks.

Symptoms of Mpox include:

- Rashes, sores, or blisters on your body, particularly around the hands, feet, chest, face, genitals, and anus.
- Fevers, headache, muscle aches, chills, fatigue, and swollen lymph nodes.



- *If you exhibit these symptoms, contact a health care provider immediately.*

What should I do if I am sick?

- If you're feeling sick, reach out to a healthcare provider who can check your symptoms and get you tested. While you're unwell, make sure to take the following precautions to protect yourself and others until all your Mpox sores have healed and new skin has formed, which usually takes about two to four weeks from when the sores first appeared.

You should:

- Not have sex or other intimate physical contact with others.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer after direct contact with the rash or sores.
- Stay away from pets and livestock (and do not let them near your garbage, bedding, and towels) as they can contract the virus as well.
- While infected with Mpox and exhibiting flu-like symptoms, you should isolate yourself and avoid contact from others as best you can until symptoms go away.
- If you do not have a fever, chills, or respiratory symptoms, you can be around others or outside the home but should:
 - Completely cover rash and sores with clothing, gloves, and bandages
 - Wear a well-fitting face mask.
 - Sit at least 6 feet away from others when eating or drinking.
 - Avoid physical contact with others in crowded spaces and public transportation
 - Wipe down public or shared spaces with disinfectant.
 - Do not share or let others touch your clothing, towels, bed or bedding.
 - Do not share dishes, food, drinks or utensils.

Resources

World Health Organization
[who.int](https://www.who.int)



Center for Disease Control's
Mpox Vaccine Locator
cdc.gov/mpox



NYS Department of Health
health.ny.gov/mpox



NYS County Office Directory
nyscho.org/directory



New York City Vaccine Finder
vaccinefinder.nyc.gov

