

# WHAT TO KNOW ABOUT THE MPOX VIRUS

(FORMERLY CALLED MONKEYPOX)

## HOW DOES IT SPREAD?



### CLOSE CONTACT

Skin-to-skin contact (hugging, kissing, massage, sexual activity) with someone who has symptoms



### SHARING ITEMS

Sharing unwashed items (clothing, sheets, towels) used by someone with symptoms

Spread can also occur during prolonged, face-to-face contact. The highest risk activity at present is sex with multiple or anonymous partners.

## WHAT ARE THE SYMPTOMS?

### RASH



- Can look like pimples or blisters
- May develop on just one part of the body or can appear on many parts of the body
- Lesions may be painful

### OTHER POSSIBLE SYMPTOMS



**Fever**



**Swollen Lymph Nodes**



**Headache**



**Chills**



**Muscle / Back Aches**



**Tiredness**

To learn more about the mpox virus, visit [vdh.virginia.gov/monkeypox/](https://vdh.virginia.gov/monkeypox/)

# HOW CAN YOU PREVENT THE SPREAD?



## AVOID CLOSE CONTACT

including sexual contact, with people who are sick or have a rash.



## AVOID SHARING ITEMS

including bedding, towels, clothing, cups, or utensils with people who have symptoms. Items should be cleaned & disinfected before being used by others.



## STAY HOME

and contact your healthcare provider if you develop symptoms.

## GET VACCINATED

Anyone can now receive the mpox vaccine, regardless of sexual orientation or gender!



# INDIVIDUALS AT HIGHER RISK INCLUDE:

- Those who have been exposed to a person diagnosed with mpox during their infection
- Those that know a sexual partner in the past 2 weeks was diagnosed with mpox
- Any person, of any sexual orientation or gender, who has anonymous or multiple (more than one) sexual partners
- Sex workers of any sexual orientation or gender
- Staff, of any sexual orientation or gender, at establishments or events where anonymous sexual activity occurs
- Any person, of any sexual orientation or gender, who is living with HIV/AIDS

# HOW DO I MAKE A VACCINE APPOINTMENT?

Call the Charlottesville/Albemarle Health Department

**434-972-6269**

[BlueRidgeHD.org](https://BlueRidgeHD.org)