

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/

VDH VIRGINIA
DEPARTMENT
OF HEALTH



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