

Mpox Safety and Prevention

Informed decisions can reduce the spread of mpox.



Mpox is a disease that causes fever, aching, headache, swollen glands and a rash that look like pimples or blisters. Mpox can spread from the time symptoms start until all scabs fall off, the rash has fully healed and a fresh layer of skin has formed. This can take several weeks.

Who can get mpox?

Anyone can get mpox regardless of age, sexual orientation or gender identity.

How does mpox spread?

Mpox can be spread to anyone through:

- Close personal contact with a person who has mpox, including household contacts.
- Contact with bodily fluids (example: saliva, spit, snot, mucus) or open sores from a person who has mpox.
- Touching items (example: toothbrush, cup, blanket) or surfaces (example: counter, doorknob) that have had contact with a person who has mpox.

Mpox has **not** been shown to spread by talking casually or walking by a person who has the virus.

How can I stay healthy?

Limit close personal contact to people you know and avoid close personal contact with individuals who have symptoms - including fever and rash.

Close personal contact is not limited to sexual contact.

Other examples include:

- Skin-to-skin contact including kissing and cuddling.
- Sharing drinks and utensils and other household objects.
- Touching unwashed clothing, towels and bed linens.

Talk about mpox risk with close contacts and partners.

Ask questions like "are you experiencing any mpox symptoms?"

Wash hands frequently or use an alcohol-based sanitizer, especially before eating or touching your face and after using the bathroom.

Examples of mpox rash



Images courtesy of NHS England High Consequence Infectious Diseases Network.

What do I do if I have symptoms?

If you have symptoms of mpox, call your health care provider or the local health department and isolate from others. There are vaccines and treatments available for people who are at greater risk for mpox. Contact the local health department to see if you are eligible: [Michigan.gov/LHDmap](https://www.michigan.gov/LHDmap).

For more information, visit [Michigan.gov/mpox](https://www.michigan.gov/mpox).

