

MPOX



What is it?

- Mpox is a potentially serious viral illness that can be transmitted from person to person through direct contact with mpox rash, scabs or body fluids.
- Symptoms include a rash (often located near the genitals or anus but also on the hands, feet, chest, face or mouth) and can also include fever, chills, swollen lymph nodes, exhaustion, muscle and backache, headache, sore throat, nasal congestion or cough.
- Symptoms usually appear 1-2 weeks after infection and the illness typically lasts 2-4 weeks.



How does it spread?

- Direct contact with an infectious rash, sores, scabs or body fluids. This can happen from kissing, cuddling, touching or having sex.
- Through respiratory secretions during prolonged, face-to-face contact.
- Less commonly it can spread through prolonged contact with objects (such as clothing or linens) that were previously used by someone with mpox.



How can I prevent it?

- Avoid coming into close contact with people recently diagnosed with the virus or those with symptoms like sores and rashes.
- Avoid contact with objects and materials that a person with mpox used.
- Wash your hands with soap and water or use hand sanitizer.



What happens if I think I have it?

- Call your health care provider or a Public Health Center to find out how to get tested.
- While waiting for test results, you should isolate at home and avoid contact with others.
- If you do test positive, public health will reach out to you to help prevent the spread of the virus.
- Antiviral medication may be recommended for people who may be at risk for severe disease, like those with weakened immune systems.
- Vaccine is available to help prevent mpox in those who are exposed to the virus, or most at risk of exposure.

DOH



health.alaska.gov/dph/Epi/id/Pages/Mpox.aspx

CDC



cdc.gov/mpox



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