

# HOW CAN I PROTECT MYSELF FROM MONKEYPOX?

Monkeypox is a rare, but serious disease caused by the monkeypox virus. Monkeypox can make you sick, with symptoms like a rash, which may look like pimples, blisters, or sores, often with an earlier flu-like illness.

**Anyone who has close contact with someone with monkeypox is at risk of infection—regardless of who you are, what you do, or if you are sexually active.**

## How Monkeypox Is Spread

- Monkeypox can spread to anyone through direct, prolonged physical contact. This can include sexual/intimate contact, close dancing, cuddling, or kissing.
- Monkeypox can be spread by living in a house or sharing a bed with someone who is infected or sharing towels or unwashed clothing.
- Monkeypox can be spread through large respiratory droplets. These droplets generally cannot travel more than a few feet, so prolonged face-to-face contact is required.

## Monkeypox Symptoms



Flu-like symptoms, including fever, headache, muscle aches, chills, exhaustion



Swollen lymph nodes in the neck, underarm, or groin area



Rash or sores, often on the hands, feet, chest, face, or genitals



**Wash your hands** often with soap and water or use hand sanitizer



**Contact your healthcare provider** if you feel sick or have new or unexplained sores



If you are exposed or have flu-like symptoms, swollen lymph nodes, or new sores, **avoid close contact with others**