

Mpox (monkeypox) in Plain Language



Mpox is a disease easily passed from person to person. It is caused by the mpox virus. People rarely die from mpox, but they can be sick.

Symptoms – You may have mpox if you have:

- Fever
- Headache
- Body aches, back ache
- Flu-like symptoms (nasal congestion, cough, weakness)
- Swollen glands in your neck
- Chills
- Feeling very tired
- Rash – can look like pimples or blisters on the face, inside mouth, on hands, feet, chest or private parts

Some people only get the rash.

Mpox illness lasts two to four weeks.

Mpox is spread by people who have symptoms.

How it Spreads

Mpox spreads by touching the rash or body fluids of someone with the illness.

It can spread through kissing, cuddling or sex.

It can also spread by touching things that have touched the rash or body fluids of someone with mpox.



People can catch mpox from animals if they touch or eat meat from infected animals.

Most Common mpox symptoms



Fever



Headache



Rash



Swollen Lymph Nodes



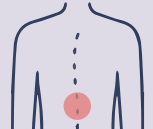
Low Energy



Muscle Pain



Shivering (Chills)



Back pain

Prevention

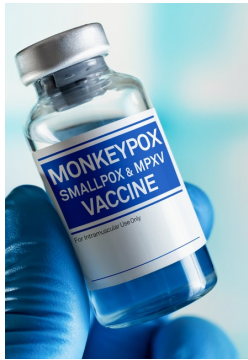
Avoid contact with animals that are sick or have been found dead in areas where mpox is occurring.

Avoid contact with anything such as bedding that has been in contact with a sick animal or person.

People with mpox symptoms must isolate from other people from the time they see symptoms until the rash has fully healed. This can take two to four weeks.

Wash hands with soap and water or with an alcohol-based hand sanitizer after contact with infected animals or humans.

Use gowns, gloves, a face shield and an N95 respirator when caring for someone with mpox.



There is a vaccine for mpox. It is called JYNNEOS, Imvamune or Imvanex.

It is approved for people 18 years or older who have been exposed to mpox.

Not everyone with mpox needs treatment. People should get treatment for mpox if they:

- are very sick
- have weak immune systems
- are children
- have certain skin conditions or infections
- are pregnant or breastfeeding
- have stomach problems with severe nausea or vomiting
- have pneumonia
- have other infections of the eyes, mouth or areas that mpox could affect



If you think you may have mpox, you should see your doctor.



A medicine called Tecovirimat is being used to treat people with mpox.

People with mpox symptoms must isolate



Office for People With Developmental Disabilities

For more information

<https://www.health.ny.gov/diseases/communicable/zoonoses/monkeypox/>