



DISEASE 101: *Mpox*

What is Mpox?



Mpox (formerly known as monkeypox) is a viral disease caused by the monkeypox virus.

Symptoms

Many people with mpox develop a **rash on their hands, feet, chest, face, mouth, and/or genitals.**

The rash may look like pimples or blisters, can be itchy or painful, and will likely go through multiple stages of progression before scabbing and healing.



Other symptoms may include:



FEVER



CHILLS



SWOLLEN
LYMPH
NODES



MUSCLE
ACHES



HEADACHES



SORE
THROAT



CONGESTION



COUGH

Disease Transmission

Mpox primarily spreads from person to person through close contact, like touching, hugging, or other skin-to-skin contact with someone who has mpox. Mpox can be spread through intimate contact, like sex.



Did You Know?

Mpox is reported all over the world. It is consistently present and circulating (endemic) in several regions, and it also causes outbreaks and epidemics. Since 2024, one type of mpox, clade I, has caused an outbreak in Central and Eastern Africa. Additionally, starting in 2022, another type of mpox, clade II, caused an outbreak with **cases in over 122 countries around the world.**

People with mpox may receive a variety of treatments to help their symptoms (like rash and pain). So far, however, there is no proven antiviral treatment for mpox.

Protecting yourself from mpox:

Generally, **mpox can be avoided by avoiding close contact with someone who is sick with the virus.**

For carers and healthcare workers, there are specific infection prevention guidelines that reduce the risk of getting mpox. If vaccination is recommended, vaccines can prevent and reduce illness.

