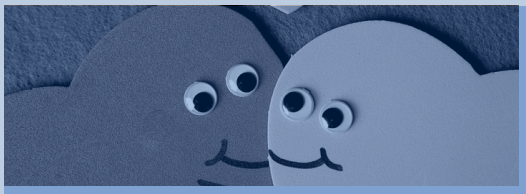
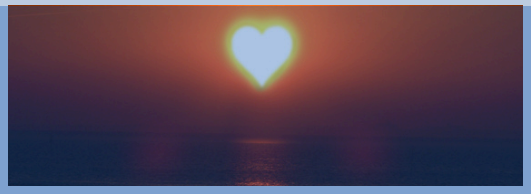

Mpox
Health Tips and Info

An outbreak of mpox in the United States has led to an uptake of cases in **Illinois**

STIGMATIZING PEOPLE BECAUSE OF A DISEASE IS NEVER OK

What is it?

Mpox, is part of the same family of viruses that cause smallpox (not related to chickenpox).

Who can get it?

Anyone can get or pass on mpox. However, the current risk of getting mpox in the general public is **very low**.

How is it spread?

Direct contact with mpox rash, scabs, or **bodily fluids*** from someone with mpox.
*Scientists continue to research how mpox spreads through various bodily fluids.

Touching objects, **fabrics**, and **surfaces** used by someone with mpox.

Prolonged **face-to-face** or intimate **skin-to-skin physical** contact.

A **pregnant** individual can also spread mpox to their unborn baby.

What are mpox symptoms?

Rash with **blisters** that may appear anywhere on the body

Fever

Swollen **lymph nodes**

Headaches

Muscle and **back**aches

Low energy

How to protect yourself and others from mpox

Avoid intimate contact if you or your partner(s) have a new rash or sores, feel sick, or were recently exposed to mpox.

Routinely **wash your hands** and **disinfect** any shared objects or fabrics.

If eligible, get **vaccinated** if you have recently been exposed to mpox. Either talk to a trusted health care provider or contact your **local health department**.

Talk with your **trusted health care provider** about testing, pain management or treatment if you have mpox symptoms (or contact your **local health department**).

Is it mpox, COVID-19, or an STI?

Due to many similarities between **mpox**, **COVID-19**, and **sexually transmitted infections** (particularly *syphilis*), it is important to note some key differences. Scan the QR code for a quick breakdown.

Always consult a medical provider if you have any symptoms of mpox, COVID-19, or an STI.

For more info go to:

dph.illinois.gov/mpox

or use your **phone's camera** and scan the QR code to the right to be taken to IDPH's website on mpox

IDPH
Illinois Department of Public Health