

# UC MPX Info (Monkeypox)

## 5 THINGS TO KNOW ABOUT

# MPX (MONKEYPOX)



### WHAT IS MPX?

MPX is a disease caused by infection with the MPX Virus. MPX Virus is part of the same family of viruses that causes smallpox.

MPX is not related to chickenpox.

### MPX SYMPTOMS

MPX can cause a rash like pimples or blisters on or near the genitals or anus and other areas like the hands, feet, chest, face, or mouth.

Other symptoms can include:

- Fever
- Headache
- Muscle Aches & Backache
- Swollen Lymph Nodes
- Chills
- Exhaustion
- Respiratory Symptoms like sore throat, nasal congestion, or cough.



### HOW DOES MPX SPREAD?

MPX can spread to anyone through close, personal, often skin-to-skin contact, including:

- Direct Contact with MPX rash, scabs, or body fluids
- Touching objects & fabrics used by a person with MPX
- Contact with respiratory secretions
- Intimate physical contact, such as kissing, hugging, or sex



### MPX PREVENTION

- Check Out [wellbeing.ucsb.edu](https://wellbeing.ucsb.edu) to see if you meet the vaccination criteria and consider vaccination
- Avoid close, skin-to-skin contact with people who have MPX or visible rashes that look like MPX
- Avoid contact with objects and materials that a person with MPX has used
- Wash your hands often with soap and water or use an alcohol-base hand sanitizer

### WHAT TO DO IF YOU HAVE MPX SYMPTOMS

- Talk to a health care provider and ask about treatment options including the MPX Vaccine
- Avoid close contact, including sex or being intimate with anyone while symptomatic
- If you have an active rash or other symptoms, isolate away from people and pets
- Wash hands often, especially after direct contact with rashes

