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.

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 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

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.

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