



# THE FACTS ABOUT MPOX

## BOSTON.GOV/MPOX

Mpox is a rare illness caused by infection with the mpox virus. It usually begins with flu-like symptoms and swelling of the lymph nodes followed by a rash.

### How is mpox spread?

Anyone can get or pass along mpox. This is not a "Gay Disease" or limited to sexual contact. **Mpox is spread from person to person through close physical contact including:**

- Direct contact with mpox rash, sores, or scabs through:
  - Sexual contact
  - Touching, massaging, hugging, and kissing
- Talking closely through respiratory droplets or oral fluids from a person with mpox.
- Contact with objects such as clothing, bedding, sex toys, or towels.
- Surfaces used by someone with mpox.
- Pregnant people can spread the virus to their fetus through the placenta

An infected person is considered contagious until the sores fall off and a layer of fresh, new skin develops.

### What are the symptoms of mpox?

- Rash
- Fever
- Headache
- Muscle aches
- Backache
- Swollen lymph nodes

### How can you protect yourself and others from getting mpox?

- Vaccine is available! Get vaccinated if you believe you have been exposed or are at high risk of being exposed to mpox. Check your eligibility at [mass.gov/mpox](https://mass.gov/mpox)
- Avoid physical and sexual contact with anyone who has a new rash or sores or who feels ill.
- Avoid touching any rashes or sores on others.
- Avoid sharing clothing, bedding, towels, eating utensils or cups with others.
- Wear clothing that covers your skin and minimizes skin-to-skin contact with others around you.
- Wash your hands often, especially before eating or touching your face and after using the bathroom.
- Clean and disinfect high touch surfaces and areas daily.

If you feel sick or have a new rash, seek a healthcare evaluation and stay home. If you need to leave your home, wear a mask and cover your rash with long pants and long sleeves and/or bandages.

**For more info, call the Mayor's Health Line: 617-534-5050**