

DO YOU HAVE QUESTIONS ABOUT MPOX?

We have answers.

What is mpox?

Mpox (formerly known as monkeypox) is a disease that can occur in humans. It is caused by infection with the mpox virus.¹

What are the types of mpox?

There are two types of mpox virus: clade I and clade II. Both have similar symptoms, but clade I is associated with more severe illness and the deaths reported in some outbreaks.¹

What are the symptoms of mpox?

Mpox symptoms typically develop 6 days after contact with the virus. In some cases, this ranges from 5 to 21 days.

Symptoms during the first 1 to 3 days of the illness include fever, severe headache, swollen lymph nodes, back pain, muscle aches, and extreme fatigue. Most people with mpox will get a rash that can last 2 to 4 weeks.² The rash will go through several stages, including scabs, before healing.¹

People who have a higher risk for severe illness include those¹:

- with weakened immune systems
- under 1 year old
- with certain skin conditions such as eczema
- who are pregnant or breastfeeding.

How is mpox diagnosed?

Mpox is diagnosed by rubbing a swab across part of the rash.

How does mpox spread?

Mpox can spread to anyone. It spreads through person-to-person contact with someone who has mpox or an object that the person has touched including³:

- direct contact with the rash, scabs, or bodily fluids
- by breathing in particles (containing viruses) in the air that were spread when someone with mpox breathes, talks, sneezes, or coughs
- while kissing or during intimate sexual contact
- contact with clothing, bedding, toys, and other objects that a person with mpox used
- in pregnancy, when pregnant people can spread the virus to their baby through the placenta.

How can we prevent the spread of mpox in our communities?

Stay healthy by following these steps⁴:

- Get the mpox vaccine to reduce your risk of infection. Two doses, given 4 weeks apart, are needed for full protection.
- Avoid skin-to-skin contact with people who have mpox or a rash that looks like mpox.
- Do not share eating utensils or cups with a person with mpox.
- Do not handle bedding, towels, or clothing that is not your own. If this is not possible, wear disposable medical gloves, use a well-fitting mask, and wash your hands with soap and water when you are done.
- Wash your hands often with soap and water.
- Contact your health care provider if you have any mpox symptoms or think you have mpox.

Sources: 1) About mpox. Centers for Disease Control and Prevention. Updated April 18, 2024. Accessed August 15, 2024. <https://www.cdc.gov/poxvirus/mpox/about/index.html> 2) Mpox (monkeypox). World Health Organization. Updated 2024. Accessed August 15, 2024. https://www.who.int/health-topics/monkeypox#tab=tab_2 3) How it spreads. Centers for Disease Control and Prevention. Updated March 1, 2024. Accessed August 15, 2024. <https://www.cdc.gov/poxvirus/mpox/if-sick/transmission.html> 4) How to protect yourself. Centers for Disease Control and Prevention. Updated April 22, 2024. Accessed August 15, 2024. <https://www.cdc.gov/poxvirus/mpox/prevention/protect-yourself.html>

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