

Mpox:

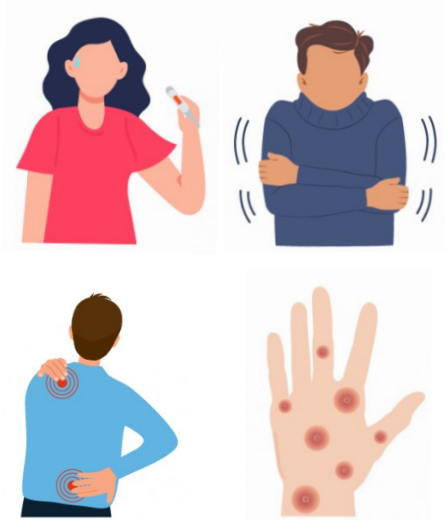
What College Students Need to Know



What is mpox?

Mpox is a rare disease caused by the mpox virus.

- If you get sick with mpox, you may experience fever, chills, aches, swollen lymph nodes, followed by a rash.
 - Some people may get a rash without other symptoms.
 - Symptoms usually start 4 to 14 days after being exposed to the virus.
 - The rash can be very painful and turn into sores that look like hard, round, fluid or pus-filled lesions.
- Even though most people will get better in 2 to 4 weeks without needing any medication, **talk to a health care provider about testing if you have a new or unexplained rash.**



How does mpox spread?

Mpox does not spread easily from person to person.

People can become infected after having close, personal, often skin-to-skin contact with a person who has mpox. This includes:



Having direct contact with a mpox rash, scabs or body fluids from a person infected with mpox.



Touching or using items that someone with mpox has recently used such as, bedding, towels, toothbrushes, and sex toys.



Having sex of any kind (oral, anal, and vaginal) or **touching genitals or the anus** of a person with mpox.



Having prolonged face-to-face contact. This can include kissing, hugging, snuggling, and sleeping in the same bed.





How can it be prevented?

The best way to protect yourself from mpox is to avoid skin-to-skin contact with anyone who has a rash that looks like mpox.

If a friend or family member is diagnosed with mpox:

- Avoid having contact with them.
- Wear a well-fitting mask or respirator if you need to be within 6 feet of them.
- Do not share items like bedding, towels, clothing, or utensils.
- Wash your hands with soap and water often.
- Talk with a health care provider if you develop a new or unexplained rash.

If a partner or someone you are sexually active with has mpox:

- Avoid having sex or other intimate contact like hugging and kissing.
- If you choose to have sex, lower your risk of spreading mpox by:
 - Having virtual sex or masturbate together without touching each other.
 - Avoiding kissing and prolonged face-to-face contact.
 - Washing your hands, sex toys, and all fabrics (bedding, towels, clothing) after having sex.



What to do if you think you have mpox?

Contact a doctor or your school health clinic and ask about getting tested for mpox and take the following steps:



Cover all parts of any rash and wear a mask.



Isolate away from others. Continue to isolate if your test is positive until all scabs have fallen off and a fresh layer of skin has formed.



Avoid touching others or sharing items.



Ask about treatment and vaccination options.



Wash your hands often.



Contact anyone that you have had close, personal, or sexual contact within the last 21 days.