

Fact Sheet

Mpox

WHAT IS MPOX?

Mpox is a rare infectious disease caused by the monkeypox virus. It is part of a group of viruses called orthopox viruses which also include smallpox and cowpox.

HOW CAN A PERSON GET MPOX?

Mpox may be spread from animal-to-human or human-to-human. People may be infected with mpox through direct contact with body fluids or lesions, or contaminated materials such as clothing or linens. It may also be spread through respiratory droplets through prolonged face-to-face contact (>3 hours). In addition, pregnant people can spread the virus to their fetus through the placenta.

WHO IS AT RISK FOR MPOX?

Anyone can get mpox. However, the following are more likely to catch it:

- People who traveled to an area where mpox cases or exposures have been reported
- Those who had contact with a person who has symptoms of mpox or received a diagnosis of mpox
- With the recent cases in May 2022, those who self-identify as men who have had close intimate contact with men seem to be at higher risk

WHAT ARE THE SYMPTOMS OF MPOX?

Usually a person infected with mpox will have:

- Fever, fatigue, and other flu-like symptoms (chills, headache, muscle aches, swollen lymph nodes). Sometimes, the fever/flu-like symptoms are skipped or are very mild
- A rash that will progress to lesions to scabs (see photos) and will spread from mouth and face to the extremities. Sometimes, the rash and lesions are only found in the genital or perianal area. The illness typically lasts 2-4 weeks



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HOW CAN MPOX BE PREVENTED?

Vaccines against smallpox provide protection against mpox. However, it is only recommended for those who are at high risk for infection. Help prevent mpox by:

- Handwashing with soap and water or use an alcohol-based hand sanitizer
- Avoiding contact with imported animals, especially sick or dead animals
- Avoiding contact with bedding or clothing that might be infected with the virus
- Avoiding direct contact with rash or scabs of persons with mpox
- Using personal protective equipment (PPE) when caring for people infected with the virus
- Avoiding travel to places that have confirmed cases
- Avoiding activities that may increase spread of mpox, such as sex, kissing, hugging, or cuddling with multiple or anonymous people

HOW IS MPOX DIAGNOSED?

Mpox is diagnosed by laboratory testing of specimen collected from lesions. People who may have symptoms of mpox should contact their healthcare providers.

HOW CAN MPOX BE TREATED?

Most people will recover on their own, but those who have weaker immune systems may have severe disease. Currently, there are no proven, safe treatments available for mpox. Antivirals may help with severe disease.

ADDITIONAL RESOURCES



[Long Beach Health Department](#)



[California Department of Public Health](#)



[Centers for Disease Control and Prevention](#)

SOURCES

- *Photo credit: UK Health Security Agency*
- *Mpox*. Centers for Disease Control and Prevention. (2022, May 20). Retrieved May 25, 2022, from <https://www.cdc.gov/poxvirus/monkeypox/>
- *2022 United States Mpox Case*. Centers for Disease Control and Prevention. (2022, May 24). Retrieved May 25, 2022, from https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fpoxvirus%2Fmonkeypox%2Foutbreak%2Fcurrent.html
- *Figure 2 skin and soft tissue manifestations of mpox*. (2022, May 24). [Photograph]. *The Lancet Infection Diseases*. [https://doi.org/10.1016/S1473-3099\(22\)00228-6](https://doi.org/10.1016/S1473-3099(22)00228-6)