

WHAT YOU SHOULD KNOW ABOUT MPOX.



You've probably heard of the Mpox Virus (Mpox) by now. Though a lot of stigma surrounds this virus, don't worry. We're here to present the facts. Because Mpox doesn't discriminate, anyone who's susceptible can get it.

It's primarily transmitted from one person to another through close contact with lesions, bodily fluids, or respiratory droplets. Contaminated fabrics such as bedding and used towels can also transmit the virus.

WHAT SHOULD I LOOK OUT FOR?

It's possible to not know you have Mpox for 1 to 3 weeks after exposure, but during that period you could experience fever, head/backaches, chills, sore throat and/or nasal congestion, followed by skin breakouts, rash or lesions within 1 to 3 days.

If a rash does appear, it's generally concentrated in the facial area and extremities like the arms, legs, palms and feet.

Usually, the symptoms last from 2 to 4 weeks. Immunocompromised people are at an increased risk. You don't need to have symptoms to carry the virus.



Rash



Fever & Headache



Chills



Exhaustion



Muscle aches and/or backache



Swollen lymph nodes/Respiratory symptoms (sore throat or nasal congestion)

WHAT CAN I DO?



Wash

Your hands frequently



Know the signs

If you experience any symptoms



Get vaccinated

If you're considered high-risk



Stay home

Limit contact if you've been exposed or have tested positive

Scan here for more info



Call 972-692-2780 to schedule your vaccine appointment or visit [MPVDallasCounty.com](https://www.mpvdallascounty.com) to learn more.

Sources: <https://www.cdc.gov/poxvirus/monkeypox/symptoms/index.html> • <https://www.who.int/news-room/fact-sheets/detail/monkeypox>