

# MPOX

## KEY FACTS

Mpox virus can make you sick and cause disease, including a rash or sores (pox), often with an earlier flu-like illness.

Mpox can spread to anyone through close, personal, often skin-to-skin contact.



Illness usually lasts two to four weeks.

## Symptoms

People with mpox often get a rash that may be located on hands, feet, chest, face, mouth, or on or near the genitals.

Other symptoms of mpox may include flu-like symptoms such as fever, chills, swollen lymph nodes, exhaustion, muscle aches, headaches, and respiratory symptoms such as sore throat, cough, or nasal congestion.

## Transmission

- Mpox can spread through:
  - Direct contact with mpox rash, sores or scabs.
  - Contact with objects, clothing, bedding, towels, or surfaces used by someone with mpox.
  - Respiratory droplets or oral fluids from a person with mpox.
- Mpox can spread from the time symptoms start until all sores have healed, which can take several weeks. Some people can spread mpox to others from one to four days before their symptoms appear.

## Recent Clusters of Mpox

Cases of mpox have been reported since 2022 in the United States, including New Jersey.

Mpox spreads mostly through close, intimate contact with someone who has mpox.

**Contact your health care provider with medical questions.**

## Treatment & Prevention

There are no treatments specifically for mpox. Since the viruses that cause mpox and smallpox are similar, antiviral drugs developed to protect against smallpox may be used to treat mpox effectively.

The preferred vaccine to prevent mpox is JYNNEOS. If the JYNNEOS vaccine is recommended for you, get TWO doses for the best protection. Find out more: [nj.gov/health/mpox](https://nj.gov/health/mpox)

## Recommendations for the Public

- Risk to the general public is low.
- Seek medical care immediately if you are concerned you have mpox.
- Avoid close contact with sick people, including people with skin lesions or genital lesions.