



# MPX: Monkeypox Info You Should Know

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**MPX** is a virus that causes flu-like symptoms and a rash. It can be passed from person to person through skin-to-skin contact (kissing, sex, cuddling, dancing) or by sharing personal items (clothes, cigarettes, utensils) with someone who is infected. It can also be spread by respiratory droplets from coughing or sneezing. Anyone can get MPX, so know the symptoms and how to protect yourself to keep everyone safe.



## Signs and Symptoms of Monkeypox



Rash



Headache



Fever



Swollen lymph nodes



Exhaustion



Muscle/body aches



Respiratory symptoms



## What should I do if I think I have MPX?

If you have been exposed to MPX, have flu-like symptoms or a rash, tell shelter staff so they can help you contact a health professional. Wear a mask, long sleeves, and pants to cover any skin that has a rash. This will help protect others from getting sick.

## How can I protect myself from MPX?

1. Avoid skin-to-skin contact with anyone who has a rash that looks like small pimples or blisters.
2. Don't share utensils or personal items like towels, clothes, or vape pipes with anyone who has or has been exposed to MPX.
3. Wash your hands often and use hand sanitizer.
3. Wear a respirator or mask if you are caring for someone with MPX.



***Protect yourself and others from MPX. Mask up, wash your hands, don't share personal items, limit physical contact, and cover any rash!***