

# Mpox FAQ

## What is mpox?

Mpox is a rare disease caused by infection with the mpox virus.

## Who is most at risk for mpox?

Anyone can get mpox. Most mpox cases in the current outbreak have occurred among men who have sex with men, people living with HIV, and those with a recent sexually transmitted infection (STI) diagnosis.

People at higher risk have:

- had multiple or anonymous sex partners within the previous 21 days;
- had a sex partner who is showing symptoms of mpox, such as a rash or sores; or
- had a diagnosis of HIV, or another STI (for example chlamydia, gonorrhea, or syphilis) within the last 12 months.

Make sure you know your HIV status and are getting regular screenings for sexually-transmitted diseases.

Pregnant women or immunocompromised people, and children aged 8 and younger, may be at increased risk for severe outcomes from mpox. People who have had eczema or atopic dermatitis may also be at increased risk.

## How is mpox spread?

Mpox can spread to anyone, and is spread through:

- direct, skin-to-skin contact act (kissing, cuddling, or sexual intercourse);
- respiratory droplets when talking, sneezing or coughing during prolonged face-to-face contact; or
- touching objects, fabrics (clothing, bedding, or towels), or surfaces that have been used by someone with mpox.

## What are mpox symptoms?

Symptoms usually start within 3 weeks of exposure to the virus and include:

- fever, headache, muscle aches, swollen lymph nodes, chills, exhaustion; and
- rash that looks like pimples or blisters.

Mpox can typically spread from when symptoms start and until the rash has healed and fresh skin has formed, which can take several weeks. The illness lasts 2-4 weeks.



| Fever | Headache | Muscle aches and/or backache | Swollen lymph nodes | Chills | Exhaustion | A pimple-like rash or blisters |
|-------|----------|------------------------------|---------------------|--------|------------|--------------------------------|
|       |          |                              |                     |        |            |                                |

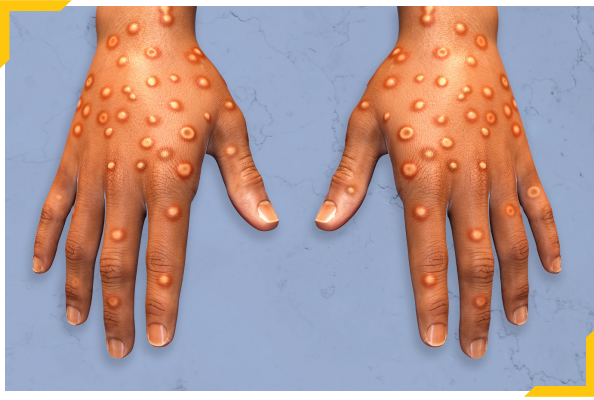
**What should I do if I think I might have mpox or came into close contact with someone who has it?** If you were exposed to someone who has been diagnosed with mpox or have symptoms, contact your healthcare provider as soon as possible. You may need to be tested. If you don't have a provider, call your local health department for testing and vaccine information. Avoid direct, close contact that can spread the disease.



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as of 12/06/22



### What should I do if I have mpox?

Contact your clinic or healthcare provider right away who will work with you and the state health department to get the treatment started.

Get treatment early; it helps! There are currently no treatments specifically for mpox. However, Tecovirimat, also called TPOXX, is an antiviral medication that is made available to treat mpox. TPOXX is available as a pill or shot.

While sick, stay home and avoid sex and close contact with others until the rash has fully resolved, the scabs have fallen off, and a fresh layer of intact skin has formed.

#### *Other precautions include:*

- wear a mask around others and wear medical gloves to change bandages, contaminated sheets and clothing;
- cover skin lesions as much as possible (e.g., long sleeves, long pants);
- do not share items that could be contaminated by the lesions (e.g., bed linens, clothing, towels, wash cloths); or
- do not share drinking glasses or eating utensils.

If possible, friends or family members should care for your pet until you are fully recovered. Call your vet immediately if your pet becomes lethargic, develops lesions or loses appetite.

### Is there a mpox vaccine available?

Yes, there is a 2-dose vaccine to prevent mpox called JYNNEOS. Vaccination may protect you from getting sick if given before or soon after your exposure.

It's very important to get your second dose one month after your first dose. You are considered fully vaccinated against mpox virus 14 days after receiving the second dose.

People, particularly young adult males, might consider waiting 4 weeks after mpox vaccination before receiving a COVID-19 vaccine. Talk to your healthcare provider before getting a COVID-19 vaccine after you have received JYNNEOS. You do not need vaccination if you have already recovered from mpox infection.

### Who can get the mpox vaccine?

The vaccine is available to anyone who has already been exposed to or is at higher risk for getting mpox. The vaccine is available for people who are at an increased risk, such as people 18 years of age and older who:

- are men who have sex with men;
- have had multiple or anonymous sex partners within the previous 21 days;
- have a sex partner who is showing symptoms of mpox, such as a rash or sores;
- have had a diagnosis of HIV, chlamydia, gonorrhea, or early syphilis, within the previous 12 months;
- are on HIV pre-exposure prophylaxis; or
- have a condition that may increase their risk for severe disease if infected with mpox virus, such as HIV, atopic dermatitis, or eczema.

### How do I get a mpox vaccine?

To get the vaccine, contact your healthcare provider. If you don't have a provider, call your local health department. Local health clinics, including Ryan White providers, can also help you find a vaccine.

