

Mpox: What to Know



Mpox can spread to anyone, often through close, skin-to-skin contact, as well as:

- Direct, close contact with mpox rash, scabs, or body fluids from a person with mpox (kissing, cuddling, or sexual intercourse).
- Touching contaminated materials such as linens or clothing.
- Contact with saliva or respiratory droplets from a person with mpox (talking, sneezing, or coughing).



Currently, men who have sex with men (MSM) are most at risk for getting and spreading mpox.

- Anyone can get or spread mpox, and mpox will spread to populations outside of MSM.



Mpox symptoms usually start within 3 weeks of exposure to the virus.

- Symptoms can start with fever, headache, muscle aches, swollen lymph nodes, chills, or exhaustion. Next, a rash appears.
- Mpox can spread from when symptoms start until the rash is healed, which can take several weeks.



If you have mpox symptoms:

- Contact a doctor or health clinic for treatment.
- Avoid direct, close contact that can spread the disease.



Mpox vaccines are available for people who are eligible.

- People with a known or possible exposure to the mpox virus are the highest priority for vaccination.
- Please contact your local health department to learn more about vaccine availability in your area.

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