

MPOX

Updated: 8/22/2024

Mpox (monkeypox) is a viral infection and is part of the same family as the virus that causes smallpox

Learn the facts to keep the current risk of mpox low to the general public and help protect our community:

- Currently, reported cases show that men who have sex with men **experience the highest rate of mpox cases**
- **Anyone can get mpox.** This includes children and teenagers

**BWPC IS COMMITTED TO
COMBATING MISINFORMATION
AND STIGMATIZATION.**

**LET'S SUPPORT EACH OTHER TO
KEEP OUR COMMUNITIES SAFE!**

COMMON MPOX SYMPTOMS:

- A **skin rash that looks like pimples or blisters.** This rash can cover all or parts of the body, including the inside of the mouth, palms of hands and feet, chest or near the genitals. Rash typically forms 1-4 days after flu-like symptoms appear
- **Fever** and chills
- **Swollen lymph nodes**
 - Lymph nodes are small pea-sized organs that fight infections. Swollen lymph nodes can be felt behind the ear, under the jaw, and in the underarm and groin areas
- **Muscle/body aches,** headache, backache
- Tiredness

If you have any skin rashes, get them tested with your provider right away!

HOW DOES MPOX SPREAD?

- **Direct skin-to-skin contact** with a skin rash, bumps or scabs from someone with mpox
- **Close or intimate contact** such as kissing, hugging, or sex
- **Prolonged close face-to-face contact** with someone who has mpox
- **Touching any items, objects, fabrics, or surfaces** that have been in contact with an infectious rash or bodily fluids
- Through a **bite or scratch** from an infected animal
- **During and after birth** from pregnant people with mpox
- During pregnancy, through the placenta

**Mpox can be spread during sexual contact, but
mpox is not a sexually transmitted infection.**

TESTING FOR MPOX

Mpox testing is done with a PCR test. PCR tests are developed to detect genetic material from viruses.

Testing steps your **healthcare provider will follow:**

1. Get a clean **swab and rub it** against your rash/lesion. Your provider may take multiple samples from more than one rash
2. Send the swabs off to the **lab to test** for mpox
3. Let you know when you should **expect to receive your test results.** You may also be tested for other conditions at the same time since mpox may look like other diseases

You can get tested at local public health and commercial labs. Contact your healthcare provider and/or local public health department for more details.

If you get infected, it can take 5 to 21 days to develop symptoms. During this time, you can spread the virus, even if you do not have symptoms.

Until the sores are fully healed and a fresh layer of skin is formed, the **risk of infecting others remains.**

PREVENTION PRACTICES

KEEP OUR COMMUNITY SAFE

- **Wash hands often** and disinfect surfaces, objects, etc.
- **Avoid close, skin-to-skin, and intimate contact** with persons exposed to mpox or infected with mpox
- If you were **exposed to mpox, avoid close contact**, including sex, with others during the 21-day incubation period
- **REMEMBER:** Other rashes and STIs can look similar to an mpox rash
- Prior to close or intimate contact, **talk to your partner(s)** openly about any **health issues and symptoms**
- **Get vaccinated** - the JYNNEOS vaccine is an option for confirmed cases and/or are at higher risk for infection
- **Strengthen your immunity. Stay up-to-date** on your recommended immunizations, including COVID-19 boosters
- Know and share facts about mpox to **combat misinformation and stigmatization**
- Support those in the community who get infected - **avoid judgement**



JYNNEOS VACCINE

- A 2-dose vaccine called JYNNEOS is available for **persons exposed** to confirmed cases and/or are at higher risk for infection
- Mpox vaccination helps protect against mpox when given **before or shortly after exposure**
- If you were **exposed to mpox or may be at higher risk** for mpox, the vaccine may be recommended for you
- You are considered **fully vaccinated 2 weeks after** receiving the second dose of the JYNNEOS vaccine

PREGNANCY & BREASTFEEDING

Data regarding the mpox virus infection in pregnancy are limited. It is not known whether the JYNNEOS vaccine is excreted in human milk.

If you are pregnant or breastfeeding, discuss the risks and benefits with your healthcare provider to see if the vaccine is best for you.

MORE INFORMATION:

- Fresno County Public Health: 559-600-3200
- www.cdc.gov/poxvirus/mpox/
- bit.ly/cdph-mpox
- bit.ly/mpox-pregnancy
- bit.ly/mpox-acog

