

LOVE SAFELY

Lets talk about mpox!

Mpox is a viral infection, with symptoms that can include a painful and uncomfortable rash or sores, often accompanied with flu-like illness. Mpox can result in severe disease requiring hospitalization particularly in persons with other health conditions or those who are immunocompromised.

Anyone, regardless of sexual orientation or gender identity, can get mpox through close, personal contact with someone who has symptoms of mpox. However, data suggests that the virus has primarily spread among social networks of gay, bisexual, and same gender-loving men through intimate contact. Risk is especially high for same gender-loving men who have multiple or anonymous sexual partners.

How Can You Get mpox?

Mpox can be transmitted to anyone through close, personal, often skin-to-skin contact, including:

- Direct contact with an mpox rash and scabs from a person with mpox, as well as contact with their saliva, upper respiratory secretions (snot, mucus), and areas around the anus, rectum, or vagina

This direct contact can happen during intimate contact, including:

- Oral, anal, or vaginal sex, or touching the genitals (penis, testicles, labia, and vagina) or anus of a person with mpox
- Hugging, massage, and kissing
- Prolonged face-to-face contact

What to Know About Vaccination and Treatment

CDC recommends vaccination against mpox if:

- You had known or suspected exposure to someone with mpox
- You had a sex partner in the past 2 weeks who was diagnosed with mpox

KNOW mpox

Managing your symptoms:

- Medicines like ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) can help you feel better.
- Your healthcare provider may prescribe stronger pain relievers as well.
- For rash in the mouth, rinse with salt water at least four times a day.
- Prescription mouthwashes, sometimes called miracle or magic mouthwash, or local anesthetics like viscous lidocaine can be used to manage pain.
- Oral antiseptics like chlorhexidine mouthwash can be used to help keep the mouth clean



Anyone can get mpox. A lot of close contact with other people – skin-to-skin or face-to-face – can increase your risk. You can lower your risk by limiting your direct physical contact between yourself and others in crowded situations. In the current mpox outbreak, those in close, sexual networks (i.e., gay, bisexual, and other same-gender loving men) make up the majority of mpox cases. However, anyone who has been in close contact with someone who has mpox is at risk.

The primary medication available for mpox treatment at this time is an antiviral called tecovirimat or TPOXX, and it is primarily recommended for patients who are more likely to get severely ill, like patients with weakened immune systems.

