What To Know About MPX

MPX—also known as Monkeypox—is a rare disease caused by infection with the MPX virus. Though current risk to the general public is low, anyone can get MPX.

How is MPX Spread?

Anyone—of any gender or sexual orientation—can get infected.

- Direct contact with rash, scabs, or body fluids
- Prolonged face-to-face contact
- Sexual or other close, intimate contact
- Unwashed towels, bedding, clothing, and utensils
- To the fetus during pregnancy

What Are MPX Symptoms?

Not everyone will get all MPX symptoms listed below.

- Rash (red, bumpy, pimply, or blistery)
- Fever or chills
- Runny/stuffy nose or cough
- Sore throat or swollen lymph nodes
- Headache, muscle pain, or backache
- Tiredness or fatigue

How Can MPX Be Prevented?

If you know someone with MPX, avoid:

- Touching skin rash, scabs, or body fluids
- Skin-to-skin contact
- Unwashed towels, bedding, and clothing
- Sharing drinks or unwashed utensils

Think you may have MPX? Contact your medical provider immediately.

Don't have a medical provider? Contact us at Monkeypox@acgov.org or (510) 268-2101 for support.

https://MPX.acgov.org/