

Let's take care of each other and get rid of mpox together!

Anyone can get mpox.

Having or being exposed to mpox is nothing to be ashamed of.

# LET'S TALK ABOUT MPOX

## Some things you do may raise your chance of getting mpox.

The risk factors listed below are based on what we know about how mpox is passed from one person to another.

<b>HIGH RISK</b>	<b>Close or intimate contact, or direct skin-to-skin contact</b> with mpox rash, scabs, or body fluids including saliva, snot, or mucus. <b>Even when wearing condoms</b> , direct contact can happen which could include oral, anal, or vaginal sex, or the touching of genitals (penis, testicles, labia, and vagina or anus of a person with mpox).		
<b>SOME RISK</b>	Dancing indoors in a crowded space with non-fully clothed people	Face-to-face kissing, talking, singing and breathing Sharing drinks	Sharing a bed, towels, washcloths and items that touch your mouth like cups and toothbrushes
<b>UNLIKELY RISK</b>	Using a public restroom Touching a doorknob Trying on clothes in a store	Dancing indoors in a crowded space with fully clothed people Sharing swimming and other sports gear	Traveling in an airport or on public transportation Going to a gym, grocery store, or coffee shop

### Prevent mpox by avoiding risky activities and:



Clean your hands regularly using soap and water or an alcohol based hand sanitizer



Clean with EPA approved cleaning products



Get Vaccinated



**Signs of mpox:** fever, chills, cough, swelling of lymph nodes, back pain, low energy, exhaustion, muscle aches, headache, sore throat, or runny nose

**If you have a rash or other signs of being sick see a medical provider.**

If you don't have a medical provider or health insurance, visit a public health clinic near you.



For More Info Call  
**1-877-PA-HEALTH**  
(1-877-724-3258)

### For more info and ways to reduce your risk:



[Prevention | Mpox | Poxvirus | CDC](#)



[Monkeypox \(Mpox\) \(pa.gov\)](#)