HOW TO PROTECT YOURSELF FROM MONKEYPOX (MPOX)

1. Avoid intimate and physical contact with people who are sick or have a rash that looks like MPOX
   - Do not touch the rash or scabs of a person with MPOX
   - Do not kiss, hug, cuddle or have sex with someone who has MPOX

2. Wash your hands often
   - Use soap and water or an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom

3. Avoid contact with objects and materials that a person with MPOX has used
   - Do not share eating utensils or cups with a person with MPOX
   - Do not handle or touch the bedding, towels, or clothing of a person with MPOX
   - Use an EPA-registered disinfectant to clean surfaces/materials that came into contact with an infected person
   - Use proper PPE (Personal Protective Equipment) if caring for a patient with MPOX

4. Talk openly with your partner/s about symptoms prior to any intimate physical contact

5. If you have been exposed to someone that has MPOX or you are at high risk for exposure - get vaccinated. Visit [https://mpoxvaxmap.org/](https://mpoxvaxmap.org/) to locate a vaccine clinic

More Information
216-664-2324

Visit our Website
www.clevelandhealth.org