

# HOW TO PROTECT YOURSELF FROM MPOX (MPX)

1.

Avoid intimate and physical contact with people who are sick or have a rash that looks like MPX

- Do not touch the rash or scabs of a person with MPX
- Do not kiss, hug, cuddle or have sex with someone who has MPX

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 MPX has used

- Do not share eating utensils or cups with a person with MPX
- Do not handle or touch the bedding, towels, or clothing of a person with MPX
- 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 MPX

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 MPX or you are at high risk for exposure – get vaccinated. Visit <https://mpoxvaxmap.org/> to locate a vaccine clinic

