

MP^oX

and Sexual Health

What all New Yorkers Should Know

All New Yorkers should stay informed about mpox. This means understanding the symptoms, how it spreads, and what to do if you are exposed.

What are the symptoms of mpox?

Symptoms of mpox include:

- Rashes, bumps, or blisters that may appear on or around the genitals, or in other areas, such as your hands, feet, chest, or face. These may be similar in appearance to common sexually transmitted infections (STIs) and other common skin ailments like poison ivy.
- Flu-like symptoms, such as fever, headache, muscle aches, chills, and fatigue. These symptoms may occur before or after the rash appears, or not at all.

How does mpox spread?

Mpox is spread through close, physical contact between individuals. This includes:

- Direct contact with mpox sores or rashes on an individual who has mpox.
 - Respiratory droplets or oral fluids from someone with mpox, particularly for those who have close contact with someone, or who are around them for a long period of time.
 - It can also be spread through contact with objects or fabrics (e.g., clothing, bedding, towels) that have been used by someone with mpox.
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What should I do if I was exposed or if I have symptoms consistent with mpox?

New Yorkers who experience symptoms consistent with mpox, such as characteristic rashes or lesions, should contact their health care provider for a risk assessment. This includes anyone who traveled to countries where mpox cases have been reported, or anyone who has had contact with someone who has a similar rash, or anyone who received a diagnosis of suspected or confirmed mpox.

How can I protect myself against mpox?

New Yorkers can protect themselves by taking simple steps, which are especially important for those who may be at higher risk for severe disease, including people with weakened immune systems:

- Ask your sexual partners whether they have a rash or other symptoms consistent with mpox.
- Avoid skin-to-skin contact with someone who has a rash or other mpox-related symptoms.
- If you are exposed or experience symptoms, make sure to reach out to a health care provider.
- Follow reputable sources of health information, including NYSDOH, CDC, and your local county health department.



For more information and resources about mpox, visit:
health.ny.gov/mpox



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