

What should I know about mpox (monkeypox)?

- Mpox is a contagious disease spread through skin-to-skin contact
- Most recover in 2-4 weeks, but if you are immunocompromised it may take longer or the disease may be more severe
- While the numbers of mpox cases have decreased, cases are still occurring

Who is at risk for mpox?

You are at risk if you:

- have sexual or close, intimate contact with multiple or anonymous partners
- visit places where there is skin-to-skin contact
- if you engage in above activities and are immunocompromised

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What are the symptoms of mpox?

- Painful rash and sores on genitals and anus, or other body parts
- Rash and sores are infectious and usually last 2-4 weeks
- Symptoms may appear up to 3 weeks after exposure

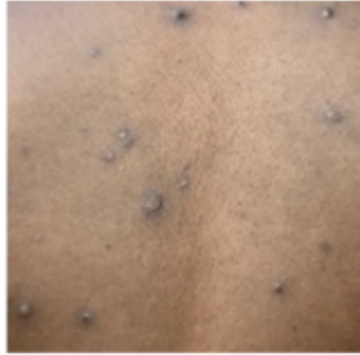


Photo Credit: NHS England High Consequence Infectious Diseases Network

Other symptoms:

- Swollen lymph nodes
- Fever or chills
- Exhaustion
- Headache and muscle aches

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Public Health
Seattle & King County 

How does mpox spread?

- Mpox spreads through direct contact with mpox rash, sores, saliva, snot, mucus and areas around the anus, rectum or vagina.
- There is low risk of getting mpox from objects, fabrics or surfaces that have been used by someone with mpox.
- Risk of mpox would increase with more partners.

How to lower your risk of mpox

Mpox vaccine helps prevent the spread of mpox. It can lessen your risk of getting the disease or can make it less severe.

Consider these steps to decrease risk:

- Talk to close contacts if you have mpox symptoms
- Limit your number of sex and intimate contact partners
- Avoid or minimize skin-to-skin contact at gatherings and direct contact with rashes or sores you see on others

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Who can get vaccinated now?

Anyone who requests the mpox vaccination can get it.

Public Health recommends the following people get vaccinated:

- Anyone who has had skin to skin or close contact with someone with mpox
- Men or transgender individuals who have sex with men or transgender individuals
- Anyone who engages in commercial and/or transactional sex

Public Health continues to work with providers to offer mpox vaccine at no cost to those who are at risk.

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If you have symptoms or have been exposed

- Visit a medical provider for an evaluation and testing
- Cover the rash with clothing or bandages
- Wear a mask
- Avoid sex and skin-to-skin contact with others until you can be evaluated

If you don't have a medical provider or insurance, call:
1-800-756-5437 or visit:

Sexual Health Clinic at Harborview

908 Jefferson St, 11th Floor

Seattle, WA 98104

Open Mon, Wed, Thu, Fri 8:00am – 3:00pm, and Tue 9:30am – 3:00pm.

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