



# MPox Virus (MPV)

## What is MPox Virus?

MPox Virus (MPV) is a rare disease caused by infection with the MPV. MPV is part of the same family of viruses as smallpox. MPV symptoms are similar to smallpox symptoms, but milder; and MPV is rarely fatal. MPV is not related to chickenpox.

## How is MPV Spread?

MPV spreads in different ways. The virus can spread from person-to-person through:

- Direct skin-to-skin contact with the infectious rash, scabs, or body fluids
- respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex
- touching items (such as clothing or linens) that previously touched the infectious rash or body fluids
- pregnant people can spread the virus to their fetus through the placenta
- being scratched or bitten by an infected animal or by preparing or eating meat or using products from an infected animal

## What are the symptoms of MPV?

Symptoms of MPV usually begin within 21 days of an exposure:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.

The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

## How can I prevent MPV Infection?

Take the following steps to prevent getting MPV:

- Avoid close, skin-to-skin contact with people who have a rash that looks like MPV.
  - Do not touch the rash or scabs of a person with MPV.
  - Do not kiss, hug, cuddle or have sex with someone with MPV.
- Do not share eating utensils or cups with a person with MPV.
- Do not handle or touch the bedding, towels, or clothing of a person with MPV.
- Consider options to make sex and intimacy safer.
  - <https://www.cdc.gov/mpox/media/pdfs/2024/08/mpox-SaferSex-InfoSheet-508.pdf>
- Lower your risk of MPV at a Social Gathering:
  - <https://www.cdc.gov/mpox/media/pdfs/2024/08/Social-Gatherings-Before-You-Go1.pdf>
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- CDC recommends vaccination for people who may be at increased risk for MPV in a 2 dose series separated by 2 weeks.
- You can also receive the vaccine post exposure. Receiving the vaccine within 4 days (up to 14 days) of your exposure will have the greatest chance of preventing disease.

## If you are sick with MPV:

- Isolate at home until scabs have fallen off, and a fresh layer of skin has formed (~2-4 weeks).
- Friends, family or others without an essential need to be in the home should not visit.
- Avoid close contact with others.



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- Avoid close contact with pets in the home and other animals.
- Do not engage in sexual activity that involves direct physical contact.
- Do not share potentially contaminated items, such as bed linens, clothing, towels, wash cloths, drinking glasses or eating utensils.
- Routinely clean and disinfect commonly touched surfaces and items, such as counters or light switches, using an [EPA-registered disinfectant](https://www.epa.gov/pesticide-registration/epa-registered-disinfectant) (List Q) in accordance with the manufacturer's instructions.  
<https://www.cdc.gov/mpox/caring/cleaning-and-disinfecting.html>
- Wear a well-fitting medical mask when in close contact with others at home.
- Avoid use of contact lenses to prevent inadvertent infection of the eye.
- Avoid shaving rash-covered areas of the body as this can lead to spread of the virus.

### How is MPV Treated?

There are no treatments specifically for MPV infections. However, MPV and smallpox viruses are genetically similar, which means that antiviral drugs and vaccines developed to protect against smallpox may be used to prevent and treat MPV infections.

Antiviral medication may be recommended for people who are more likely to get severely ill, like patients with weakened immune systems.

### What can travelers do to prevent MPV?

Cases of MPV have been reported in many countries around the world.

<https://www.cdc.gov/mpox/situation-summary/index.html>

Travelers can protect themselves against infection by taking the following steps:

- Avoid close contact (including kissing, hugging, touching or having sexual contact) with people who are sick or have a rash and contaminated items.
- Do not share eating utensils or cups.

- Do not touch the bedding or clothing of a sick person.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Keep your hands away from your eyes, nose, and mouth. If you need to touch your face, make sure your hands are clean.

Avoid animals when traveling:

- Do not touch live or dead wild animals.
- Do not touch or eat products that come from wild animals.
- Avoid touching materials, such as bedding used by animals.
- If you are traveling to work with animals, wear appropriate personal protective equipment and take additional precautions.

**If you traveled and feel sick:**

- Particularly if you have a fever, talk to a healthcare provider, and tell them about your travel. Avoid contact with other people while you are sick.

**If you are sick and could have MPV:**

- Delay travel by public transportation until you have been cleared by a healthcare professional or public health officials.

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[www.mijackson.org](http://www.mijackson.org)

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