What are the symptoms?

1–4 DAYS AFTER EXPOSURE
- Rashes
- Bumps
- Blisters
- Scabs

3 WEEKS AFTER EXPOSURE
- Fever
- Fatigue
- Chills
- Headaches
- Muscle Aches
- Swollen Lymph Nodes
- Sore Throat
- Cough

Found on hands, mouth, chest, feet, face, or genitalia. Mpox is not a STI, but rashes may resemble common STIs like herpes or syphilis.

What is mpox?
Mpox is a viral infection that is spread through prolonged, close contact that includes intimate and other skin-to-skin contact. It is often abbreviated as MPV, MPX, or MPXV.

Is there a vaccine or treatment?
Most folks recover in 2–4 weeks without treatment. Antiviral treatment is available through CDC. Learn more at cdc.gov. MN Department of Health is working with select community partners to provide vaccines for those at high risk. Visit health.state.mn.us to learn who is eligible.

What if I have HIV and get MPX?
If you are living with HIV, CDC recommends continuing to take HIV medications as prescribed and to get vaccinated. If you think you’ve been exposed to mpox, contact a healthcare provider.

What if I think I have mpox?
Contact your healthcare provider and/or the following providers:
- MDH Infectious Disease Hotline (651)201-5414
- Minnesota Family Planning & STD Hotline (800)783-2287

How can I stay safe?
- PRESS PAUSE on intimate activities and skin-to-skin contact with others if you have symptoms.
- PRACTICE A CLEAN ROUTINE. Use soap and hand sanitizer with at least 60% alcohol. Disinfect infected surfaces or objects.
- PREVENT THE SPREAD. Mask up, isolate, and talk to your provider if you may have been exposed to someone with mpox.

See more FAQs, articles, & resources at: rainbowhealth.org/mpox