

MPOX What You Should Know

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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](https://www.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

What are the symptoms?

1-4 DAYS AFTER EXPOSURE



Rashes
Bumps
Blisters
Scabs

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

3 WEEKS AFTER EXPOSURE



Fever
Fatigue
Chills



Headaches
Muscle Aches



Swollen Lymph Nodes
Sore Throat
Cough

CHANGING THE MPOX NARRATIVE

While mpox is affecting a disproportionate amount of gay, bisexual, and other men who have sex with men (MSM), it is important to note that mpox is not exclusive to MSM communities. BIPOC communities, especially Hispanic and Black folks are also bearing the brunt of mpox cases in the US, as these communities continue to face disproportionate access to testing and vaccines. We need to take steps to de-stigmatize and change the current narrative within public health.

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.

