

Mpox is spreading from person to person

You can prevent mpox

Protect yourself: Avoid close, intimate contact (hugs, sex) with someone who has mpox. Your risk of mpox increases when you have more than one sex partner.



Avoid getting mpox from sick people:

- Only one person should take care of them.
- Encourage the sick person to clean their own rash with soap and water.
- Give food, water, pain medication like paracetamol.
- If your loved one gets very sick, take them to a clinic.

Don't spread mpox to family: If a loved one gets sick, do not share a bed, utensils, or clothes. If able, keep them away from others, especially children.



Learn more: [cdc.gov/mpox](https://www.cdc.gov/mpox)

