

IT'S NOT OVER. PROTECT YOURSELF.

Anyone can get mpox through close, personal contact with someone who has symptoms of mpox. However, data suggests the virus has primarily spread through close-knit social networks of gay, bisexual, and other same gender-loving men through intimate contact.



Mpox is spread from person to person through close contact like:

- › Direct contact with infected skin rash, lesions, scabs, or body fluids
- › Respiratory droplets during prolonged, face-to-face contact or during intimate physical contact, such as kissing, cuddling, or sex
- › Contact with clothing, linens, towels, or other materials contaminated by infectious rash or body fluids

Take the following steps to prevent getting mpox:

- › Ask your health provider about mpox vaccine. More info at chicago.gov/mpox.
- › Avoid close skin-to-skin contact with people who have a rash that looks like mpox.
 - Do not touch the rash or scabs of someone with mpox.
 - Do not kiss, hug, cuddle, or have sex with someone who has mpox.
- › Avoid contact with objects and materials that a person with mpox has used.
 - Do not share food, drinks, or eating utensils with someone with mpox.
 - Do not handle or touch the bedding, towels, or clothing of someone with mpox.
- › Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

Evaluate the level of risk when making plans or deciding to attend events:

- › Having sex or other intimate contact with multiple or anonymous people, such as those met through dating apps or on social media, increases your risk of exposure.
- › Clubs, raves, saunas, sex parties, and other events may also increase your risk of exposure, especially if people are wearing less clothing.



Call your healthcare provider if you show symptoms or need to be evaluated or tested for mpox. If you don't have a doctor or insurance, contact HIV/STI Resource Hub at [844.482.4040](tel:844.482.4040)/hivhub.org or visit FindAHealthCenter.hrsa.gov for free or low-cost care.