Q&A

1. ***Is there a vaccine to prevent mpox?*** Mpox virus is part of the same family as variola virus, the virus that causes smallpox. The vaccine for smallpox can also help prevent mpox, which is the vaccine JYNNEOS.
2. ***Who is at higher risk of catching mpox?*** The risk of mpox is not limited to people who are sexually active or men who have sex with men. Anyone who has close contact with someone who has symptoms is at risk.
3. ***What is the incubation period for mpox?*** The incubation period is 3-17 days. A person may not have symptoms and feel fine.
4. ***How can I lower my risk?*** Avoid close, skin-to-skin contact with people who have a rash that looks like mpox. Wash your hands often and avoid contact with objects and materials that a person with mpox has used.
5. ***What should I do if I think I have mpox?*** When thinking about what to do, seek out information from trusted sources like the local health department. If you feel sick or have a rash, do not attend any gathering, and see a healthcare provider.

For more information:

- Ask a doctor or visit your local county health department
- Visit alabamapublichealth.gov/mpox
- Visit cdc.gov/poxvirus/monkeypox

Alabama Department of Public Health
Immunization Division
201 Monroe St., Montgomery, AL
1-800-469-4599
alabamapublichealth.gov/imm

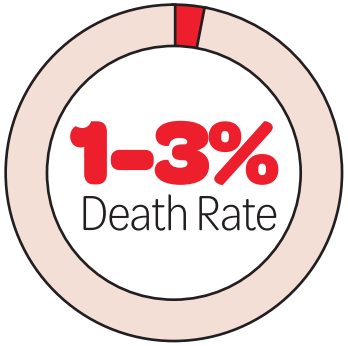
ALABAMA **PUBLIC HEALTH**

MPOX

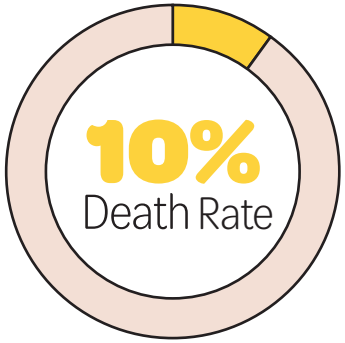
Know the Facts

WHAT TO KNOW ABOUT MPOX

- Mpox is a rare disease caused by infection with the mpox virus. Mpox virus is part of the same family as variola virus, the virus that causes smallpox.
- Mpox symptoms are similar to smallpox symptoms, but milder. Mpox is rarely fatal.
- Mpox symptoms usually start within 3 weeks of exposure to the virus. If someone has ***flu-like symptoms,*** they will develop a rash 1-4 days later.
- Avoid close, skin-to-skin contact with people who have a rash that looks like mpox.
- During the isolation period, people with mpox should clean and disinfect the spaces they regularly to limit household contamination.
- CDC recommends vaccination for people who have been exposed to mpox and people who may be more likely to get mpox.
- There is no treatment specifically for mpox virus infections, but the vaccine JYNNEOS is developed to protect against smallpox may be used to prevent and treat mpox.



West African Strain



Central African Strain

The West African strain is the contacted strain currently spreading beyond Africa

Signs and Symptoms

- A rash or sores, sometimes located on or near the genitals or anus, but sometimes in other areas like the arms, hands, legs, feet, chest or face – sores will go through several stages before healing.
- Sores may be inside the body, including the mouth, vagina, or anus.
- Some people experience a rash or sores first, followed by other symptoms and some only experience a rash or sores.
- Mpox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed – this can take several weeks.

a. early vesicle, 3mm diameter

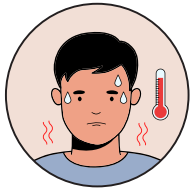
b. small pustule, 2mm diameter

c. umbilicated pustule, 3-4mm diameter

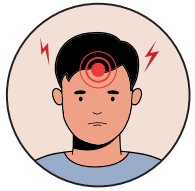
d. ulcerated lesion, 5mm diameter

e. crusting of a mature lesion

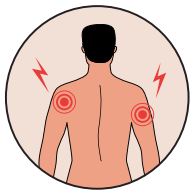
f. partially removed scab



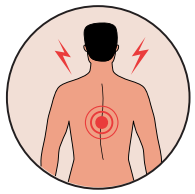
Fever



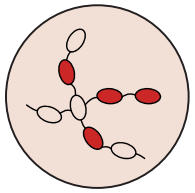
Headache



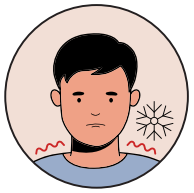
Muscle Aches



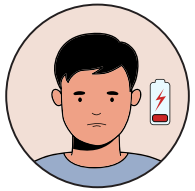
Back Aches



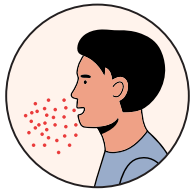
Swollen Lymph Nodes



Chills



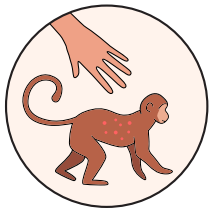
Exhaustion



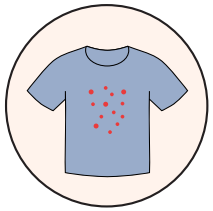
Cough

Prevention

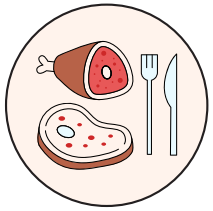
- Avoid close, skin-to-skin contact with people who have a rash that looks like mpox.



- Do not touch the rash or scabs of a person with mpox.
- Do not kiss, hug, cuddle or have sex with someone with mpox.



- Avoid contact with objects and materials that a person with mpox has used.
- Do not share eating utensils or cups with a person with mpox.



- Do not handle or touch the bedding, towels, or clothing of a person with mpox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer especially before eating or touching your face and after you use the bathroom.