

the facts about mpox



What is mpox?

Mpox (formerly referred to as monkeypox) is a contagious viral illness caused by the mpox virus. It can spread through close personal contact, including sex and physical contact, especially with multiple encounters or partners.

While symptoms are often mild, some cases can be severe. If you have an unexplained skin rash or lesions, seek medical care.

There are two types (clades) of the mpox virus: Clade I and Clade II.

Who does mpox affect?

Mpox can affect anyone, but during recent outbreaks, gay, bisexual, and other same-gender-loving men, as well as transgender individuals, have been especially impacted.

Data from the CDC and WHO indicate that transmission has been higher in these populations due to social and sexual networks where close contact is more frequent.

People with severely immunocompromised conditions, like those with uncontrolled HIV, are at the highest risk for severe illness.

Vaccination and awareness are essential in reducing transmission—particularly within the LGBTQ community.

What are the symptoms?

Symptoms usually develop within 3 weeks of exposure and can last for 2–4 weeks.

Common symptoms include:

- ▶ Rash—can appear anywhere on the body, including penis, rectum, groin, buttocks, face, hands, or feet. Some may develop only a few localized spots, while others experience a more widespread rash and/or lesions.
- ▶ Other symptoms:
 - » Fever
 - » Chills
 - » Headache
 - » Muscle and back pain
 - » Swollen lymph nodes
 - » Fatigue or general unwellness
 - » Respiratory symptoms

REFERENCES

CDC, <https://www.cdc.gov/mpox/prevention/index.html>

World Health Organization, <https://www.who.int/health-topics/mpox>

Cleveland Clinic, <https://my.clevelandclinic.org/health/diseases/22371-monkeypox>

Mayo Clinic, <https://www.mayoclinic.org/diseases-conditions/infectious-diseases/expert-answers/monkeypox-faq/faq-20533608>

* Two vaccines can be used to prevent mpox: JYNNEOS® and ACAM2000®, but only a 2-dose JYNNEOS regimen has been used in the ongoing clade II outbreak.

How can I prevent mpox?

People at risk or recently exposed can take steps to protect their health.

- ▶ Wash your hands regularly with soap and water, try to avoid skin-to-skin contact with anyone who has a rash, and clean shared surfaces.
- ▶ Vaccination is the best protection.*
 - » For maximum protection, get the mpox vaccine within 4 days of possible exposure.
- ▶ If received within 14 days, the vaccine may still help reduce symptoms.*
 - » Getting both doses of the vaccine significantly lowers the risk of infection.
- ▶ If you missed your second dose, it's never too late to get it.*

Where can I get vaccinated?

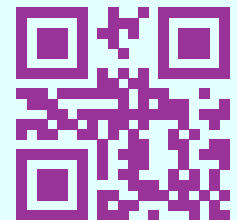
Mpox vaccines are available at pharmacies, healthcare providers, and select local health departments. Please consult your local healthcare provider and/or pharmacist to find out where you can get an mpox vaccine.

What about vaccine efficacy & safety?

Clinical trials and real-world data show that the vaccine is safe and well-tolerated, with most side effects being mild, such as redness, swelling, or pain at the injection site. Serious reactions are rare.*

Where can I learn more?

This fact sheet is part of the MFax campaign created by the National Coalition for LGBTQ Health to raise awareness about mpox. Visit mfax.org for facts and information on mpox vaccination and prevention strategies.



For additional information, data, links to resources, and general news on mpox in the United States, please visit the Coalition's Mpox Resource Center at HealthLGBTQ.org/mpox.

National Coalition for
LGBTQ Health

HealthLGBTQ.org