

# Mpox (Monkeypox): How can I prevent it?



*If you think you may have been exposed, or if you have symptoms of mpox, avoid others (including pets) and contact your health care provider right away for evaluation and testing.*

## Everyone should take steps to prevent mpox:

- Talk to close physical and sexual contacts about their general health, like recent rashes or sores, before engaging in any close contact.
- Avoid coming into contact with people recently diagnosed with the virus or those who may have been infected
- Avoid close, skin to skin contact with mpox rashes or sores.
- Get vaccinated if you are eligible. Although receiving one dose of vaccine will reduce the risk of severe disease, you are still at risk of infection until you receive both vaccines. Use prevention strategies.
- Avoid contact with any materials (like bedding) that has been in contact with an infected person.
- Wash your hands with soap and water or use an alcohol-based hand sanitizer after contact with infected animals or humans.
- Use personal protective equipment (PPE) when caring for sick people, including respirators.

## Additional ways to lower your risk for mpox:

- Decrease your number of sex and intimate contact partners.
- Avoid going to places like bathhouses or other public sex venues.
- Avoid raves, parties, or clubs where people wear minimal clothing and where there is direct, intimate, skin-to-skin contact. For those who attend these events or venues, minimize skin-to-skin contact when possible. Also, be mindful that activities like kissing can spread monkeypox.

## Mpox transmission risk by activity:

<b>MOST RISKY</b>	<ul style="list-style-type: none"><li>• Direct contact with an infectious rash, scabs, or body fluids</li><li>• Sexual or intimate contact (condoms are likely not enough to prevent mpox)</li></ul>
<b>MORE RISKY</b>	<ul style="list-style-type: none"><li>• Kissing</li><li>• Cuddling</li><li>• Dancing at a crowded party <u>inside</u> with non-fully clothed people</li></ul>
<b>POSSIBLE</b>	<ul style="list-style-type: none"><li>• Sharing drinks, vapes, or cigarettes</li><li>• Sharing a bed, towels, personal toiletry items, or sex toys</li><li>• Dancing at a crowded party <u>inside</u> with fully clothed people</li></ul>
<b>UNLIKELY</b>	<ul style="list-style-type: none"><li>• Dancing at a party <u>outside</u> with mostly clothed people</li><li>• Walking past someone in a grocery store</li><li>• Trying on clothing at a store</li><li>• Touching a doorknob or other equipment shared by others (like at a gym, coffee shop, etc.)</li><li>• In a swimming pool, hot tub, or body of water</li><li>• Coworker-to-coworker transmission</li><li>• Flying in a plane or using public transportation</li><li>• Using a public restroom</li></ul>

We also recommend regularly getting screened for sexually transmitted infections (STIs). Many of the current mpox cases in Michigan also have STIs. Syphilis and herpes are much more common than monkeypox - they appear similar and should be treated too.

**Learn more at [hd.ingham.org/DepartmentalDirectory/CommunicableDisease/Mpox](https://hd.ingham.org/DepartmentalDirectory/CommunicableDisease/Mpox)**

For more information about the outbreak, visit [CDC.gov/Mpox](https://www.cdc.gov/Mpox) or [Michigan.gov/MPV](https://www.michigan.gov/MPV).  
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Transmission risk chart adapted from materials created by @queernation3000.