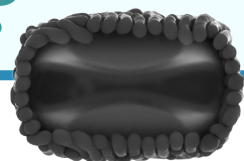


Get to Know



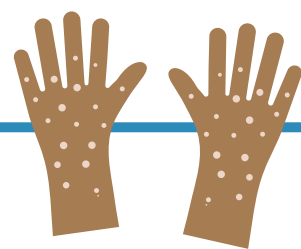
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How Can You Prevent MPox?



MPox can spread when a person:

- **Handles materials, such as blankets, sheets clothes, or other laundry**, that have been in contact with someone who has mpox.
- **Touches a surface or material that has been in contact with rashes or bodily fluids** of an infected person, such as a remote control for a TV (if a person with mpox has pox on their hands) or a toilet seat (if a person with mpox has wounds on their thighs or buttocks).
- Has **direct contact** with **rashes, scabs or body fluids** of a person with mpox.
- Has **close contact** with an infected person, via **respiratory droplets**.
- Has **sexual contact** with an infected person.
- Is **pregnant and infected**, they can spread the mpox virus **to a fetus**.
- There is close contact with **an infected animal or person**. (Mpox can be spread through bites, scratches, by eating wild game, or using products made of infected animal parts.)

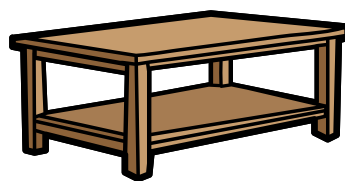
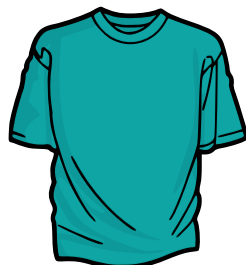
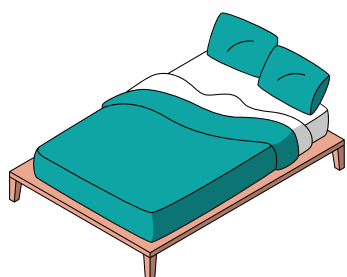


How long does Mpox survive?

Per a study titled Environmental Persistence of Monkeypox Virus on Surfaces in Household of Person with Travel-Associated Infection, Dallas, Texas, USA, 2021 the following was learned about Mpox survival rates, outside of the body:

- Mpox virus can **live on surfaces** for more than **fifteen (15) days**.
- Mpox virus survives on porous surfaces, such as blankets, sheets, and clothing, better than on nonporous surfaces, such as metals and plastics. However, **live Mpox virus capable of causing infection has been found on both porous and nonporous surfaces at the fifteen (15) day mark**, meaning it can survive for longer.
- Live Mpox virus was found on the mattress cover (bedding/porous surface), paper towels (porous surface), clothing (porous surface), and the coffee table (nonporous surface).
- Per the CDC, orthopox (mpox) could potentially survive in the home for weeks or even *months*. In general, the virus lives longer in dark, cool, and low-humidity environments, that have not been exposed to much sunlight.

Potential Places Mpox Virus Can Live



References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9514334/>
and
<https://www.mayoclinic.org/diseases-conditions/infectious-diseases/expert-answers/monkeypox-faq/faq-20533608>



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How Can You Prevent MPox?



What can I do to prevent becoming infected with or spreading the mpox virus?

- **Educate yourself about mpox.**
- Know that the **incubation period for mpox is LONG.** From the time a person is exposed, to the time they show symptoms, it can be as long as **3 to 21 days.**
- If you are **high risk** for becoming infected, **get vaccinated.**
- **Avoid close contact** with people who have a rash that looks like mpox.
- **Avoid handling clothes, sheets, blankets or other materials that have been in contact with an infected animal or person.** When possible, have an infected person take care of their own washing and laundry in the home.
- **Isolate** people who have mpox from healthy people.
- **Wash your hands** well with soap and water after any contact with an infected person or animal.
- Avoid animals that may carry the virus.

Disinfecting - Cleaning After Monkeypox

- The Mpox virus is considered a Tier 1 virus, which means **it can easily be killed with common household disinfectants like bleach or hydrogen peroxide.**

Who Should Get Vaccinated?



***Guidance may be updated as the situation evolves.** Currently the CDC recommends vaccination if you:

- Had known or suspected exposure to someone with mpox.
- Work with orthopoxviruses in a lab or are part of an orthopoxvirus and health care worker response team.
- Had a sex partner in the past 2 weeks who was diagnosed with mpox.
- Are a gay, bisexual, or other man who has sex with men, or are a transgender, nonbinary, or gender-diverse person who has had any of the following within the past 2 weeks: More than one sex partner' Sex at a commercial sex venue (like a sex club or bathhouse) or at event, venue, or in an area (city or county for example) where mpox transmission is occurring.
- Are a gay, bisexual, or other man who has sex with men or a transgender, nonbinary, or gender-diverse person who in the past 6 months has had any of the following: A new diagnosis of one or more sexually transmitted diseases (e.g., HIV, chancroid, chlamydia, gonorrhea, or syphilis); or more than one sex partner.
- In the past 6 months:
 - You had sex at a commercial sex venue (like a sex club or bathhouse).
 - You had sex at an event, venue, or in an area (city or county for example) where mpox transmission is occurring.
- Have a sex partner who identifies with any of the above scenarios.
- Anticipate experiencing any of the above scenarios.

***Current as of January 2023**

References

<https://www.mayoclinic.org/diseases-conditions/infectious-diseases/expert-answers/monkeypox-faq/faq-20533608>
and
<https://www.cdc.gov/poxvirus/monkeypox>

