Mpx: What College Students Need to Know

What is Mpx?

Mpx is a rare disease caused by the mpx virus.

- If you get sick with mpx, you may experience fever, chills, aches, swollen lymph nodes, followed by a rash.
  - Some people may get a rash without other symptoms.
  - Symptoms usually start 4 to 14 days after being exposed to the virus.
  - The rash can be very painful and turn into sores that look like hard, round, fluid or pus-filled lesions.
- Even though most people will get better in 2 to 4 weeks without needing any medication, talk to a health care provider about testing if you have a new or unexplained rash.

How does Mpx spread?

Mpx does not spread easily from person to person.

People can become infected after having close, personal, often skin-to-skin contact with a person who has mpx. This includes:

- Having direct contact with a mpx rash, scabs or body fluids from a person infected with mpx.
- Touching or using items that someone with mpx has recently used such as, bedding, towels, toothbrushes, and sex toys.
- Having sex of any kind (oral, anal, and vaginal) or touching genitals or the anus of a person with mpx.
- Having prolonged face-to-face contact. This can include kissing, hugging, snuggling, and sleeping in the same bed.
### How can it be prevented?

The best way to protect yourself from mpox is to avoid skin-to-skin contact with anyone who has a rash that looks like mpox.

<table>
<thead>
<tr>
<th>If a friend or family member is diagnosed with mpox:</th>
<th>If a partner or someone you are sexually active with has mpox:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Avoid having contact with them.</td>
<td>• Avoid having sex or other intimate contact like hugging and kissing.</td>
</tr>
<tr>
<td>• Wear a well-fitting mask or respirator if you need to be within 6 feet of them.</td>
<td>• If you choose to have sex, lower your risk of spreading mpox by:</td>
</tr>
<tr>
<td>• Do not share items like bedding, towels, clothing, or utensils.</td>
<td>• Having virtual sex or masturbate together without touching each other.</td>
</tr>
<tr>
<td>• Wash your hands with soap and water often.</td>
<td>• Avoiding kissing and prolonged face-to-face contact.</td>
</tr>
<tr>
<td>• Talk with a health care provider if you develop a new or unexplained rash.</td>
<td>• Washing your hands, sex toys, and all fabrics (bedding, towels, clothing) after having sex.</td>
</tr>
</tbody>
</table>

### What to do if you think you have mpox?

Contact a doctor or your school health clinic and ask about getting tested for mpox and take the following steps:

- **Cover all parts of any rash and wear a mask.**
- **Avoid touching others or sharing items.**
- **Wash your hands often.**
- **Isolate away from others. Continue to isolate if your test is positive until all scabs have fallen off and a fresh layer of skin has formed.**
- **Ask about treatment and vaccination options.**
- **Contact anyone that you have had close, personal, or sexual contact within the last 21 days.**