

# Mpox: What You Need to Know



## 2022 U.S. Mpox Outbreak

Anyone can get mpox, but many of the cases identified in the current outbreak have been in men who have sex with men, thanks in part to the vigilance of those who sought testing when concerns arose leading to the recognition that Mpox was spreading in the U.S.

The disease is accompanied by a rash, which may look like pimples or blisters, often with an earlier flu-like illness. The rash starts flat then becomes bumpy and fluid-filled before scabbing over and resolving. This happens over a period of 2-4 weeks. Rashes may be all over the body, including the palms, feet, and head, or located only on specific body parts such as the genitals or around the buttocks.

Updated global and U.S. case numbers are posted on the CDC site [here](#).

## Transmission

Mpox is transmitted person-to-person through direct skin-to-skin contact, having contact with an infectious rash, through body fluids or through respiratory secretions. Such contact often occurs during prolonged, face-to-face contact or during intimate physical contact, such as kissing, cuddling or sex.

People who do not have mpox symptoms cannot spread the virus to others. Learn more about how mpox is spread and a summary of the 2022 U.S. outbreak: <https://bit.ly/3bczSiE>

## Vaccines & Eligibility

Get vaccinated. Vaccines, including the JYNNEOS vaccine, are free and available, regardless of immigration status. Vaccination can protect against mpox infection or reduce disease severity if infection does occur. NCDHHS recommends vaccination for:

- Anyone who has or may have multiple or anonymous sex partners; or
- Anyone whose sex partners are eligible per the criteria above; or
- People who know or suspect they have been exposed to mpox in the last 14 days; or
- Anyone else who considers themselves to be at risk for mpox through sex or other intimate contact.

Individuals who meet these criteria can [call their local health department](#) to make an appointment to receive the vaccine, or they can call one of the local health departments below.

- |                             |                              |                              |
|-----------------------------|------------------------------|------------------------------|
| • Cumberland (910) 433-3600 | • Forsyth (336) 703-3100     | • New Hanover (910) 798-6800 |
| • Buncombe (828) 250-5300   | • Guilford (336) 641-3245    | • Pitt (252) 902-2300        |
| • Durham (919) 560-9217     | • Mecklenburg (980) 314-9400 | • Wake (919) 212-9398        |

Additional vaccine locations can be found [here](#).

## Prevention

If you have an unexplained rash, sores, or other symptoms, see your health care provider — if you don't have a provider or health insurance, contact your local health department. Keep the rash covered and avoid sex or being intimate with anyone until you have been checked out by a health care provider. Avoid in-person gatherings. Standard household cleaners and detergents are effective at cleaning environmental surfaces and linens.

