

# mpox



**Learn the facts:** Anyone can get mpox (formerly called Monkeypox). It spreads mostly through close skin-to-skin and sexual contact. You can prevent mpox.

## Get checked

Talk to your healthcare provider or local health center about new or unexplained rashes or lesions on your body, including your hands, feet, face, genitals, and anus.

## Get tested

Testing is available from your healthcare provider or local health center.

## Get treated

If you have mpox, ask about treatment.

## Get vaccinated

Find out if vaccination may be right for you. Limited vaccine supply is prioritized for those currently most at risk, and the communities where the virus is spreading.



### mpox is most commonly spread by close physical contact such as:

- Bare skin-to-skin contact with a rash, scabs, or body fluids
- Sexual contact
- Other skin-to-skin contact like kissing, massage, or cuddling



### mpox can also sometimes be spread through:

- Exposure to respiratory droplets through prolonged face-to-face contact without a mask
- Sharing towels, bed linens, clothing or other personal items
- Sharing drinks, utensils, cigarettes, vapes, pipes



### mpox is unlikely to be spread by the following activities or settings:

- Crowds where people are clothed and without a lot of skin-to-skin contact
- Briefly shaking hands
- Shopping at malls or grocery stores

Find vaccine locations near you at:  
[mass.gov/MpoxVaccine](https://mass.gov/MpoxVaccine)



Massachusetts  
Department of  
Public Health