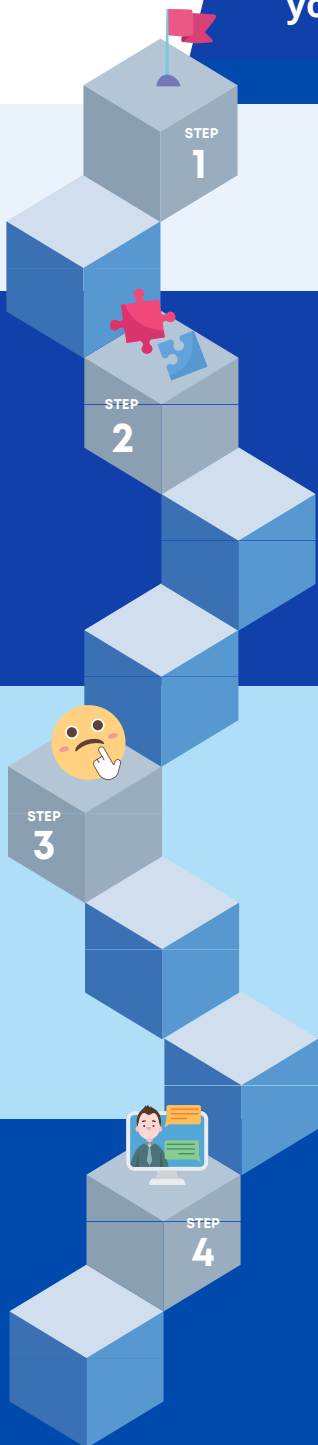


How you can protect yourself from mpox

Formerly known as monkeypox



Inform Yourself

People should stay informed about mpox. This means understanding the symptoms, how it spreads, and what to do if you are exposed.

What are the symptoms of mpox?

Symptoms of mpox include:

- Rashes, bumps, or blisters may appear on or around the genitals or in other areas such as your hands, feet, chest, or face. These may be similar in appearance to common sexually transmitted infections (STIs) and other common skin ailments like poison ivy.
- Flu-like symptoms, such as fever, headache, muscle aches, chills, and fatigue. These symptoms may occur before or after the rash appears, or not at all.

How does mpox spread?

Mpox is spread through close, physical contact between individuals. This includes:

- Direct contact with mpox sores or rashes on an individual who has mpox.
- Respiratory droplets or oral fluids from someone with mpox, particularly for those who have close contact with someone or are around them for a long period of time.
- It can also be spread through contact with objects or fabrics (e.g., clothing, bedding, towels) that have been used by someone with mpox.

What should I do if I was exposed or have symptoms consistent with mpox?

For people who experience symptoms consistent with mpox, such as characteristic rashes or lesions, should contact their health care provider for a risk assessment. This includes anyone who traveled to countries where mpox cases have been reported or has had contact with someone who has a similar rash, or who received a diagnosis of suspected or confirmed mpox.



What should I do if I was exposed or have symptoms consistent with mpox?

If you are exposed to someone who has mpox:

- You might be offered a vaccine to help prevent infection. For more information contact us today.
- Check yourself for symptoms for 21 days: Itchy/painful rash that looks like sores or blisters fever, chills, headache, or muscle aches.
- If symptoms develop, let our team know as quickly as possible. Your rash might be tested for the virus. Please try to isolate yourself in a separate room

If you test positive for mpox:

- You should be housed in a separate room until the rash heals.
- You might be offered treatment to help the rash heal more quickly if needed.
- Wear a mask and cover the rash if you have to be around others.

How can I protect myself against mpox?

Protect yourself by taking simple steps, which are especially important for those who may be at higher risk for severe disease, including people with weakened immune systems:

- Receiving the JYNNEOS vaccine creates immune response seen right after the first dose. Full protection is seen two weeks after the second dose.
- Ask your sexual partners whether they have a rash or other symptoms consistent with mpox.
- Avoid skin-to-skin contact with someone who has a rash or other mpox-related symptoms.
- If you are exposed or experience symptoms, make sure to reach out to a healthcare provider.
- Follow reputable sources of health information, including NYSDOH, CDC, and your local county health department.
- You will have full immune protection after 2 weeks from receiving your second dose.

For more information and resources about mpox visit:

- [Health.ny.gov/mpox](https://health.ny.gov/mpox)
- Contact the Northwell Health mpox resource line
 - ☎ 833-315-1748
 - ↳ 24/7 hotline

Schedule your vaccination appointment with us today!

☎ 516-757-7934



Scan here to read more information.