

How Can I Stay Safe From Mpox?



Casual contact, such as hugging a friend, does not put you at much risk.



Avoid close skin-to-skin contact or sex if you or your sexual partners feel sick, especially if you or they have a rash or sores anywhere on the body.



Don't share towels or bedding with someone who is infected or has been exposed.



Consider avoiding places or social events where you are likely to have skin-to-skin contact with many people.



If you are infected: avoid physical contact until all sores have healed and a fresh layer of skin has formed, which can take two to four weeks.