

# Going Viral Isn't Always Good



**30K+ cases** in the U.S. since the August 2022 outbreak

**323 cases** in Nevada with 295 in Clark County

**1.1M+ vaccines** given in the U.S. as of February 2023

## What is mpox?

Mpox (formerly known as monkeypox) is a rare viral disease that anyone can get. Noticeable after 3 weeks of exposure, the first sign is usually a rash. The illness typically lasts 2–4 weeks, during which time you have to self-isolate.

## How does it spread?

Mpox is primarily spread through contact with infectious sores, scabs, or bodily fluids. It's often contracted through intimate skin-to-skin contact (i.e., sexual activity, kissing, massaging, and hugging).

## Take precautions

Here are four steps recommended by The Centers for Disease Control and Prevention (CDC) to help you avoid getting or spreading mpox:

- Avoid close, skin-to-skin contact with people who have a rash that looks like mpox.
- Avoid contact with objects and materials that a person with mpox has used.
- Wash your hands often.
- Get vaccinated.

## Get tested if you have a rash

Only a healthcare provider can order an mpox test. They will swab at the affected areas and send the sample off to a lab. Since it takes a few days to get your results, please take precautions to avoid spreading the illness to others.

Don't have a primary healthcare provider? No worries. Visit [nvose.org/mpox/](https://www.nvose.org/mpox/) to get the contact information for providers in your area.

## Treatment and vaccines are free

Treatment (called TPOXX) is widely available, so contact a healthcare provider if you have mpox.

At first, only high-risk groups were able to get vaccinated. It is now open to anyone who thinks they may have come in contact with someone who has the virus. Protect yourself, your loved ones, and the rest of Nevada by getting both doses of the vaccine. Peace of mind is free—and so is the vaccine. **Contact a healthcare provider to schedule your appointment.**



## Want more of the 411?

Visit [blockthepox.com](https://blockthepox.com) to learn more.