

# The Facts About Mpox

**BLOCK  
THE POX**

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

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

**40% of individuals** diagnosed with mpox in the U.S. also have HIV

## 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.

## There are a lot of coinfections

It's also important to get regular health check-ups to ensure you don't have any health conditions you aren't aware of. Those with unrecognized immunocompromised systems are more likely to contract a severe case of mpox. For example, more HIV-positive individuals are disproportionately impacted. **Get in touch with a healthcare professional to check your HIV status and make sure you stay on top of your overall health.**

## Get tested if you have a rash

Only a healthcare provider can order an mpox test. They will swab at the affected areas, send the sample off to a lab, and set up a follow-up appointment to discuss the results after a few days. **Visit [nvoise.org/mpox/](https://nvoise.org/mpox/) to get the contact information for healthcare providers in your area.**

## Treatment and vaccines are free

Treatment (called TPOXX) is widely available, so contact a healthcare provider if you have mpox. Vaccinations are also free and open to anyone who thinks they may have come in contact with someone who has mpox. Protect yourself and others by getting both doses of the vaccine.

**We encourage everyone to contact a healthcare provider and schedule their appointment.** No one will be turned away if they need help.



## Want more of the 411?

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