

# LIKELIHOOD OF MPOX TRANSMISSION

Some activities may increase your chances of being exposed to or getting MPOX.

## MOST LIKELY

- Direct skin-to-skin contact with the rash, scabs, or body fluids
- Sexual or intimate contact

## MORE LIKELY

- Kissing
- Cuddling
- Dancing indoors in a crowded space with non-fully clothed people

## POSSIBLE

- Sharing drinks
- Sharing a bed, towels, or personal toiletry items
- Dancing indoors in a crowded space with fully clothed people

## LESS LIKELY

- Dancing at a large event outdoors with mostly clothed people
- Trying on clothing at a store
- Touching a doorknob
- Traveling on a plane or using public transit
- In swimming pools, hot tubs, or bodies of water
- In public restrooms
- At a grocery store, coffee shop, or gym

For more information:  
visit [bit.ly/PHLMPOXINFO](https://bit.ly/PHLMPOXINFO)

# ADDITIONAL MPOX TIPS

## TIPS FOR AVOIDING MPOX

- Reduce skin-to-skin contact.
- Cover up when you can.
- Wear a condom.
  - Keeping your skin from touching others can reduce your chances of exposure; condoms can also protect against HIV and other STIs.
  - Wearing a condom alone without covering skin is not enough to prevent MPOX.

## TIPS FOR PROTECTING OTHERS FROM MPOX

- If you're not feeling well, stay home.
- If you have an unexplained rash or bump in your anal or genital areas or unexplained rectal pain, get it checked out.
  - The rash can also appear on other parts of the body as well, including the hands, feet, chest or face.
- If you can't get it checked out, cover it up to help reduce the chances of skin-to-skin contact with others.

## TIPS IF YOU WERE EXPOSED OR HAVE SYMPTOMS

- If you were exposed but do not have symptoms:
  - You should be vaccinated as soon as possible.
- If you were exposed and have symptoms:
  - Contact your healthcare provider ASAP.
  - Avoid sex and skin-to-skin contact with others who do not have MPOX.
  - You can spread MPOX to others until your rash or bumps have completely healed.
- Once you're healed, you cannot get MPOX again.

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