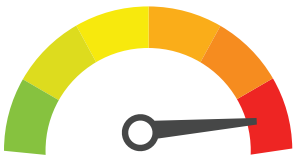


# PREVENT MPOX BY AVOIDING RISKY ACTIVITIES

Mpox is spread from person-to-person through direct contact. While the risk of contracting mpox is very low, you could still get infected if you have been in contact with someone who has the virus.

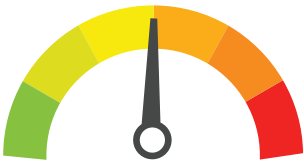
## MPOX RISK EXPOSURES

### High-risk exposure



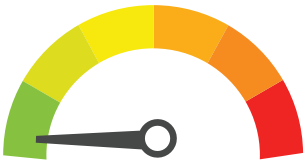
- **Intimate or close contact, including direct skin-to-skin contact with mpox** rash, scabs, or body fluids (such as saliva, snot, or mucus).
- **Wearing a condom may not protect you against mpox** because direct contact can still occur during oral, anal, or vaginal sex or through the touching of the genitals (penis, testicles, labia, vagina, or anus) of a person with mpox.

### Mild-risk exposure



- Sharing a bed, towels, washcloths, utensils, cups, food, and drinks.
- Face-to-face kissing.
- Talking, breathing, and singing.
- Sharing a space with a non-fully clothed person.

### Unlikely-risk exposure



- Sharing public transport (such as taxi ranks, airports, e-hailing services, bus terminals, or train stations)
- Being in public spaces (such as malls, grocery stores, gyms, or restaurants).
- Using public restrooms and touching commonly used surfaces (such as doorknobs and elevator buttons).

## Mpox symptoms

The most common symptom of mpox is the rash. The rash consists of lesions, which develop and resolve over the course of 2-4 weeks. There may be few or many lesions present. These lesions are blister-like and may feel firm or even rubbery.



## Other mpox symptoms



Other symptoms include fever, headache, muscle aches, back pain, low energy, and swollen lymph nodes.



If you develop a rash or other signs or symptoms of mpox, see a doctor or visit your nearest healthcare centre.

 <https://www.nicd.ac.za/mpox-updates>

**NATIONAL HELPLINE: 0800 012 322**