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.