

## PROTECT YOURSELF FROM MONKEYPOX (MPX)

### Know the signs

Pimples, rash, bumps Fever/chills Muscle aches/fatigue Swollen lymph nodes

### Know the risks

Close skin-to-skin contact Respiratory droplets from Sharing bedding, clothing, towels, face-to-face contact toothbrushes, dishes

### Know what to do

Wash your hands with soap and Avoid skin-to-skin contact with Do not share bedding, towels, water or alcohol-based sanitizer someone who may have MPX clothing, or other things used by someone with MPX

### Think you have MPX?

Avoid close contact with others and reach out to a health care provider.

Vaccines are available!

To find out if you are eligible for the monkeypox vaccine and where your closest vaccine provider is located, scan the QR code or contact 651-201-5414.