

Anyone can get **mpox** (**human monkeypox virus**), so it's important to know the risks.

Mpox is mainly spread through direct contact with the rash or bodily fluids of someone who is infected.

Little to no risk:	Medium risk:	High risk:
Trying on clothing at a store	Hugging, cuddling or dancing with people who are not fully clothed	Direct contact with a rash, scabs or body fluids, like during sex or intimate contact

Symptoms to look out for:

- Rash, bumps or blisters that can appear anywhere on the body.
- Flu-like symptoms like fever, tiredness, and swollen lymph nodes before a rash.

If you have a rash or other symptoms of mpox, avoid contact with others and talk to your health care provider.

Don't have one? **Call 2-1-1 to get connected to care.**

Vaccines are available! Visit **HealthVermont.gov/mpox** to find out if you're eligible.



Scan here