**What is monkeypox, and what should I know?**

- Anyone can get monkeypox. However, based on the current outbreak, certain populations are being affected by monkeypox more than others, including men who have sex with men (MSM).
- Monkeypox is a rare, viral infection that does not usually cause serious illness. However, it can result in hospitalization or death.
- Based on previous outbreaks of monkeypox around the world, some groups may also be at heightened risk for severe outcomes if they contract monkeypox.
  - This includes people with weakened immune systems, older New Yorkers, young children under 8 years of age, and pregnant people.
- Everyone should stay informed about monkeypox. This means understanding the symptoms, how it spreads, and what to do if you are exposed.

**How does monkeypox spread?**

- Close, direct contact with monkeypox sores or rashes on an individual who has monkeypox.
- Respiratory droplets or oral fluids from someone with monkeypox, especially if you are around them for a long time.
- Contact with objects or fabrics (such as clothing, bedding, towels) that have been used by someone with monkeypox.

**What should I do if I was exposed or have symptoms of monkeypox?**

If you have symptoms like rashes or lesions, call your health care provider, especially if you’ve had contact with someone who has a similar rash, or has a suspected/confirmed case of monkeypox.

**How can I protect myself against monkeypox?**

- Ask your sexual partners whether they have a rash or other symptoms consistent with monkeypox.
- Avoid skin-to-skin contact with someone who has a rash or other monkeypox-related symptoms.
- If you are exposed or have symptoms, call your health care provider.
- Get vaccinated.

**For more information:**

- Follow trusted sources of health information, including:
  - CDC Monkeypox | Poxvirus [https://www.cdc.gov/vaccines/hcp/vis/vis-statements/smallpox-monkeypox.html](https://www.cdc.gov/vaccines/hcp/vis/vis-statements/smallpox-monkeypox.html)
  - Your local county health department [https://www.health.ny.gov/contact/contact_information/](https://www.health.ny.gov/contact/contact_information/)
- For monkeypox text alerts from New York State, text “MONKEYPOX” to 8133 or “MONKEYPOXESP” for texts in Spanish.
- By providing a zip code, New Yorkers can also get location-based messages, which may include information on vaccines and care in your area.