

MPX & Contact Sports

MPX (Monkeypox) is a rare disease caused by infection with the MPX virus. While the risk of contracting MPX through contact sports is low, it's important that you take preventative measures while engaged in physical activities (or sports) to avoid the spread as best as possible.

What are common MPX symptoms?

- A rash that turns to one or more blisters
- Fatigue
- Headache
- Fever

MPX symptoms can take 5-21 days to develop after you have been exposed.

How does MPX spread?

MPX may be spread through:

Physical
skin-to-skin
contact

Bodily
fluids

Touched
surfaces

Shared objects,
clothing, water
bottles, etc.

How can I prevent the spread?

- Wash hands before and after contact sports.
- Disinfect highly used objects such as exercise mats, exam tables, sports balls, weights, etc.
- Avoid sharing towels, clothing, water bottles, etc.
- Avoid sports practices or games if you suspect you may have MPX.
- Avoid close contact with people who have an undiagnosed rash.
- Educate your peers on the importance of practicing safe habits to prevent the spread of MPX.
- Talk to your doctor to see if the vaccination is right for you.



For additional information:



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