



WHAT TO KNOW ABOUT MPX (MONKEYPOX) & TEENS

MPX may spread by:



Hugging, cuddling, kissing, or engaging in sexual activities



Sharing fabrics (clothing, bedding, sleeping mats, or towels)



Touching surfaces that have been used by someone with MPX



Touching contaminated objects (electronics, eating utensils, etc.)



Engaging in close contact sports

How can you prevent MPX?

- Wash your hands with soap and water or use an alcohol-based hand sanitizer.
- Do not share cups or utensils.
- If you know that a friend or family member has been diagnosed with MPX, try to avoid contact with them if possible.
 - If you must be within 6 feet of them, you should wear a respirator or well-fitting mask and they should wear a well-fitting mask.
- Avoid touching objects or surfaces that someone with MPX has used.
- If you have been exposed to MPX or are concerned about your risk for contracting MPX, talk to your healthcare provider to see if vaccination is right for you.

What to do if you think you have MPX?

- If you think you have MPX, cover all parts of the rash with clothing, gloves, or bandages, and wear a mask.
- Avoid touching anyone until you have been to the doctor.
- If your test result is positive, follow your healthcare provider's recommendations.
- Follow CDPH MPX [Isolation Guidelines](#).

Talk to Someone You Trust

If you have questions, talk to a parent, guardian, or another trusted adult. It's important to talk honestly with your healthcare provider about any concerns you may have about MPX, especially if you know that you have spent time with someone who has MPX.



For additional information: