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### What is mpox?

Mpox is a contagious rash illness caused by the mpox virus. Mpox can cause a range of symptoms. Some people have mild symptoms, while others can develop serious symptoms and need care in a healthcare facility. Those at higher risk for severe disease or complications include people who are pregnant, children, and people with weakened immune systems.

There are two types of the mpox virus: clade I and clade II.

- Clade II is the type that caused the global outbreak that began in 2022, where cases continue to be reported at low levels in the U.S., including Michigan.
- Clade I is the type that is causing the rise of cases in Central and Eastern Africa starting in 2023. Clade I spreads more easily and historically caused more severe illness and deaths than clade II. As of August 2024, clade I has been reported outside of Africa. From November 2024 through February 2025, there have been four cases of clade I in the U.S.

### How is mpox spread?

In this outbreak, most people have become infected with mpox when they come into close contact with an infected person. Spread can occur from touching skin lesions, bodily fluids, or clothing or linens that have been in contact with an infected person. Spread can also occur during prolonged, face-to-face contact. Some people can spread mpox to others from one to four days before their symptoms start.

Mpox can spread from person to person through:

- Sexual or intimate contact (including oral, anal, or vaginal sex)
- Hugging, kissing, cuddling, and massage
- Sharing a bed, towel, or clothes that have not been washed

Mpox is not spread from person to person through casual conversation with someone who is infected or by walking by someone who is infected.

### What are the symptoms of mpox?

Symptoms usually appear within 3 weeks after exposure and usually include a skin rash on any part of the body (even if it's only 1 or 2 spots). Other symptoms may include:

- Fever
- Chills
- Headache
- Muscle and back aches
- Tiredness
- Swollen lymph nodes
- Nasal congestion, cough, or sore throat

## What do I do if I have symptoms of mpox?

If you have symptoms, you should separate yourself from other people and pets, cover your rash, and contact your healthcare provider. You should avoid close physical contact with others until you have talked with your provider.

It is important to call ahead before going to a healthcare facility and let them know that you are concerned about mpox.

## How can mpox be prevented?

- Get vaccinated. The two-dose mpox vaccine is recommended for people with known exposure to someone with mpox or those at high risk of exposure. For the most protection, it is important to get both doses of the vaccine. To see if you should get vaccinated, visit [CDC's mpox webpage](#). To get vaccinated, contact [Oakland County Health Division](#).
- Avoid close, skin-to-skin contact with another person's rash or scabs. Avoid kissing, hugging, cuddling or having sex with someone who is infected. Do not share eating utensils and cups. Do not share bedding, towels, or personal grooming devices.
- Wash your hands with soap and water or use an alcohol-based hand sanitizer after contact with infected individuals.
- Wear a mask if you think you have mpox and need to have close face-to-face contact with other people or need to have close contact with someone who may be infected.

## What is the treatment for mpox?

Currently there is no treatment approved specifically for mpox infections. For most patients with mpox who do not have severe disease or risk factors for severe disease (e.g., severe immunocompromise), supportive care and pain control will help them recover.

[Interim clinical guidance developed by CDC](#) may assist clinicians in managing patients with protracted or life-threatening manifestations of mpox.

## For more information about mpox

Visit the CDC mpox website at <https://www.cdc.gov/mpox/index.html>

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