



# TALKING ABOUT MPOX

A discussion tool for interpersonal communication

[Insert Ministry logo here]



**USAID**  
FROM THE AMERICAN PEOPLE

**EpiC**  
Meeting Targets and  
Maintaining Epidemic Control

## INSTRUCTIONS

This tool can be used to provide complete and correct information about mpox to your client(s). This will help them make well-informed decisions to protect their health.

Use the **ASK** prompts to begin a discussion with your client(s). Listen and then use the **SAY** talking points to make sure they have all the correct information.

Each card includes illustrations you can show your client(s) to reinforce what you are discussing with them. Show them the illustration as you are using the **ASK** prompts.

# How mpox spreads



**What have you heard about mpox?**

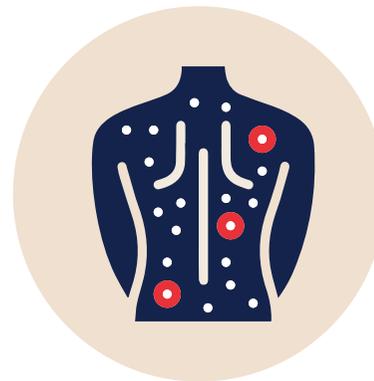
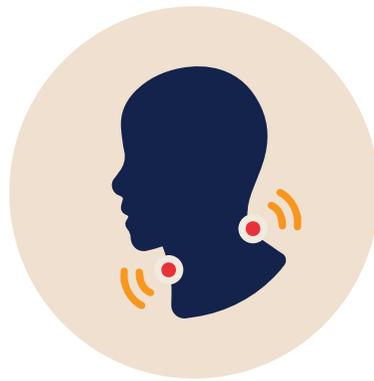
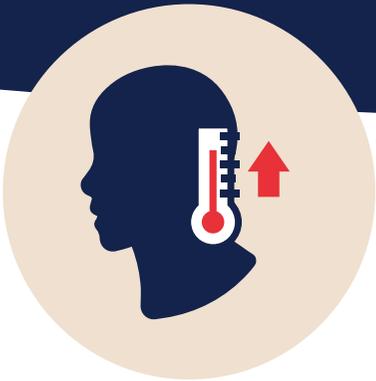
**What have you heard about how mpox spreads from one person to another?**



- Mpox is a virus.
- It spreads from one person to another through close contact.
- This can be by touching the rash, scabs, or body fluids of someone with mpox.
- Or touching objects, clothing, linens, or surfaces that touched the rash or body fluids of someone with mpox.
- Or having extended face-to-face interactions with someone with mpox.
- Sex provides the perfect conditions for mpox to spread.



# Signs and symptoms of mpox



What do you think are the signs and symptoms of mpox?

ASK



SAY



The signs and symptoms of mpox include

- fever
- intense headache
- muscle aches
- back pain
- low energy
- swollen lymph nodes
- a skin rash or lesions

Signs and symptoms of mpox



# What to do



## What should you do if you have any of these symptoms or have had contact with someone with mpox?

**ASK**



**SAY**



- Talk to a healthcare provider if you have any of these symptoms – they will help you to determine if you need a test or treatment.
- Most people with mpox recover fully within 2 to 4 weeks without treatment.
- Stop the spread by:
  - Staying home (except for emergencies)
  - Keeping a distance from other people
  - Do not have sex
  - Not sharing things (clothing, dishes, utensils, etc.) with other people



# How to protect yourself



## How might you protect yourself from mpox?

ASK



SAY

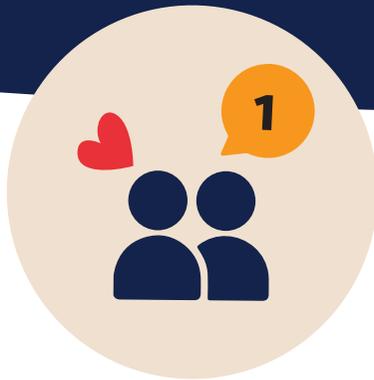


- Avoid close contact with people who have a rash that looks like mpox.
  - Do not touch the rash or scabs
  - Do not kiss, hug, or have sex with someone with mpox
- Avoid contact with objects and materials that a person with mpox has used.
  - Do not share eating utensils or cups
  - Do not touch bedding, towels, or clothing
- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer, especially before eating or touching your face and after using the bathroom.
- (If available) Get vaccinated against mpox.
- (For Central or West Africa) Avoid contact with animals that can spread mpox virus, usually rodents and primates.

How to prevent?



# Safer sex to reduce exposure



**Sex is an easy way to pass mpox from one person to another. What things might you do to reduce your risk of getting mpox during sex?**

**ASK**



**SAY**



**Safer sex practices can reduce your likelihood of exposure to mpox**

- Limit your number of sexual partners
- Exchange contact information with new sexual partners to allow for follow-up, if needed
- Be aware of any new or unexplained lesions or rashes on your body or your partner's body
- If your partner has any rash, avoid touching it, and support them to seek care from a healthcare provider
- Wash your hands, sex toys, and any fabric (bedding, towels, clothes) after having sex

How to reduce exposure





**Together, we can stop  
the spread of mpox!**

## What other questions do you have about mpox?

**ASK**



**SAY**



- Mpox is avoidable and treatable.
- There are simple actions you can take to protect yourself.
- Be aware of any new or unexplained rashes or other symptoms.
- Seek care from a healthcare provider if you have a symptom or have been in contact with someone with mpox.
- Together, we can stop the spread of mpox!



Together, we can stop  
the spread of mpox!