

# PROTECT YOURSELF AND OTHERS FROM GETTING INFECTED WITH MPOX

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BOSTON  
PUBLIC  
HEALTH  
COMMISSION



- Vaccine is available! Get vaccinated if you believe you have been exposed or are at high risk of being exposed to mpox.
- Avoid physical and sexual contact with anyone who has a new rash or sores or who feels ill.
- Avoid touching any rashes or sores on others.
- Avoid sharing clothing, bedding, towels, eating utensils or cups with others.
- Wear clothing that covers your skin and minimizes skin to skin contact with others around you.
- Wash your hands often, especially before eating or touching your face and after you use the bathroom.
- Clean and disinfect high touch surfaces and areas daily.