

# HOW CAN I PROTECT MYSELF AGAINST MPOX?



## If you work with patients

- Follow the guidance for proper PPE
- Wear a fitted **N95 mask** (or PAPR), **eye protection** (personal eyeglasses are not enough), **gown, and gloves**
- Wear all of this PPE **anytime** a patient has symptoms suggestive of mpox

## Ways to minimize personal risk

- Reach out to your local health department about **vaccine access and eligibility**
- **Temporary changes to behaviors** that may increase the risk of exposure
- Exchange **contact information** with any new partners
- Limit **number** of sex partners
- **Condom use** may help protect from some exposure
- Reduce the number of **higher-risk spaces** until more vaccines are available

For more information scan the QR codes below:

