**Monkeypox (MPX)**

MPX is a rare disease that can make you sick, often beginning with a flu-like illness before developing a rash, which may look like blisters/pimples. The rash can be extremely painful and last up to 2-4 weeks. MPX does not usually cause serious illness; however, it can result in more serious outcomes in some people.

### Symptoms

**Rash**
Rashes, bumps, or blisters that may appear on or around the genitals or in other areas such as your hands, feet, chest, or face.

**Flu-like Symptoms**
(fever, headache, chills, muscle ache)
These symptoms may occur before or after the rash appears, or not at all.

### Spread

- Direct contact with MPX sore or rash
- Contact with respiratory secretions or prolonged face-to-face contact
- Contact with objects (e.g. clothes, bedding, towels)

### Prevention

- Avoid skin-to-skin contact with someone who has a rash or other MPX related symptoms.
- Ask your sexual partners whether they have a rash or other symptoms consistent with MPX.
- Follow reputable sources of health information from TDH, CDC, and your local county HD.
- Consider getting vaccinated for MPX: [Vaccine Information](#)

### If you are exposed...

- Monitor your health
- Get vaccinated
- Practice good hygiene

### If you develop symptoms:

- Isolate at home
- Contact your healthcare provider to discuss how you're feeling and need for testing

For more information about vaccination and other MPX resources, visit [https://tn.gov/monkeypox](https://tn.gov/monkeypox).