

2022 Mpox (human monkeypox virus) Outbreak Partner Toolkit

Last updated: January 6, 2023, to reflect new name, mpox.

Thank you for helping the Vermont Department of Health raise awareness of mpox (previously referred to as hMPXV or human monkeypox virus) by sharing fact-based, non-stigmatizing information with Vermonters. To reduce stigma and discrimination, The Vermont Department of Health and the Centers for Disease Control and Prevention (CDC) now refer to this virus as “mpox” following the World Health Organization’s (WHO) recommendation.

This partner toolkit provides sample language from the Centers for Disease Control and Prevention (CDC) and the Health Department to share with your patients, clients, constituents and community members on the evolving mpox outbreak in the U.S. Please consider using these toolkit resources at local events, in newsletters, on your social media pages and websites. We are grateful for your continued partnership in providing Vermonters with the information they need to protect themselves and others.

Learn more at [CDC.gov/monkeypox](https://www.cdc.gov/monkeypox) and [Healthvermont.gov/mpox](https://www.healthvermont.gov/mpox).

Communication Resources:

Visit our [website](#) to find communication resources available for distribution, such as posters, videos and fact sheets translated into multiple languages. Visit the [CDC](#) for additional resources, including graphics and social media content.

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Summary Talking Points (CDC)

About Mpox

- Mpox (previously referred to as human monkeypox virus or hMPXV) is a disease caused by the mpox virus not commonly found in the U.S. Mpox is not a new virus.
- Recently, there have been cases of people infected with mpox in the U.S. and other countries, including Canada.
- The risk of infection in the U.S. and in Vermont remains LOW.
- Unlike the virus that causes COVID-19 that mainly spreads through the air, mpox is mainly spread through prolonged close contact.
- Most people get better in two to four weeks and without medical treatment.
- The most common symptom of illness from mpox is a rash, which may look like pimples, blisters or sores. It can also look like other more common rashes, such as chicken pox, syphilis or shingles.
- Other symptoms may include fever, headache, muscle aches and backache, swollen lymph nodes, chills and exhaustion.
- It is possible to only have a rash only with no other symptoms.
- Symptoms can be very painful, and people might have permanent scarring from the rash.

How It Spreads

- Mpox can spread to anyone through close and often skin-to-skin contact with someone who has an mpox infection.
 - Close contact includes direct contact with a rash, sores or scabs from someone who has a mpox infection.
 - It is not considered a sexually transmitted infection, but it can spread during sexual encounters if there is direct contact with sores or bodily fluids.
 - People can also become infected through direct contact with materials that have touched body fluids or sores, such as clothing or linens.
 - Mpox can also spread through respiratory fluids like saliva when people have close, face-to-face contact (for example, when kissing, cuddling, having sex, or living with or caring for someone who is ill with mpox infection).
- Mpox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed. This can take several weeks.
- While the current outbreak is spreading from person-to-person, people infected with mpox should avoid contact with animals while they are contagious.
- Symptoms can be very mild. The virus can be spread even by people who might not realize they are infected.

Treatment and Vaccination

- Vaccines are available to prevent the spread of mpox. Get up to date information about vaccine availability and eligibility in Vermont at www.healthvermont.gov/mpox. Vaccination is free and available regardless of immigration status.
- Treatment is also available, however most people fully recover without it.

Current Outbreak

- Anyone—regardless of gender identity or sexual orientation— who has been in close contact with someone who is ill from mpox infection is at risk. This includes anyone living in a house and sharing bedding, towels or unwashed clothing with someone with the disease.
- Gay, bisexual, and other men who have sex with men make up a high number of early cases and might be at higher risk of coming into contact with the virus.
- Do not stigmatize those who might come into contact with the virus. Learn more about [reducing stigma](#) in communication and community engagement.

What Vermonters Can Do

- Anyone with a rash that looks like mpox infection should talk to their health care provider, even if they don't think they had contact with someone who was ill with mpox.
- If you feel sick or have any new or unexplained rashes or sores, stay home, do not attend any gatherings, and avoid close contact with people or animals
- If you do not have a health care provider, call 2-1-1 to be connected to care, or contact the nearest [federally qualified health center](#) or one of [Vermont's Free & Referral Clinics](#).
- Seek out information from trusted sources, like your local health office or health care provider.
- Know the risks: consider how much close, personal, skin-to-skin contact is likely to occur at events you plan to attend.
 - Low risk: events like concerts where attendees are fully clothed and are unlikely to share skin-to-skin contact. However, be mindful of activities that might spread mpox, like prolonged face-to-face contact.
 - Some risk: events like raves, parties or clubs where there is minimal clothing and direct skin-to-skin contact.
 - Highest risk: enclosed spaces like saunas or sex clubs where there is minimal or no clothing and where intimate sexual contact occurs.
- Lower your risk with sexual partners: talk to your partner about any recent illness and be aware of new or unexplained sores or rashes on your or your partner's body. If there are any new or unexplained sores or rashes, or either of you have areas of the body or skin that feel sore or tight, do not have sex and see a health care provider.

Samples and Templates

Social Media

[Use URL link preview or find more images at [cdc.gov/monkeypox/](https://www.cdc.gov/monkeypox/).]

Topic	Facebook/Instagram	Twitter
How it spreads	Get the facts about mpox (human monkeypox virus)! While it's not considered a sexually transmitted disease, it can spread during close and often skin-to-skin contact. This includes having sex, kissing, hugging, massaging and talking closely. Get more facts at www.healthvermont.gov/mpox .	Get the facts about #mpox (human monkeypox virus)! While it's not considered a sexually transmitted disease, it can spread during close and often skin-to-skin contact. This includes having sex, kissing, hugging, massaging, and talking closely. Learn more at healthvermont.gov/mpox .
How it spreads	Get the facts about mpox (human monkeypox virus)! It can spread from person-to-person in different ways: <ul style="list-style-type: none"> - Direct contact with infectious rash, scabs, or body fluids - During intimate physical contact like kissing, cuddling or sex - Touching items, like clothing or linens, that previously touched the infectious rash or body fluids Learn more at www.healthvermont.gov/mpox .	How #mpox (human monkeypox virus) can spread from person-to-person: Direct contact with infectious rash, scabs, or body fluids. During intimate physical contact. And touching items, like clothing, that previously touched infectious rash or fluids. Learn more healthvermont.gov/mpox .
COVID and Mpox	How serious is mpox (human monkeypox virus)? Is it like COVID-19? Mpox is different than the virus that causes covid-19. Mpox is primarily spread through close contact, not through the air. Know what steps to take to prevent it from spreading further. Learn more at www.healthvermont.gov/mpox .	1/2 #mpox (human monkeypox virus) is different than the virus that causes covid-19. mpox is primarily spread through close contact, not through the air. 2/2 Like any contagious disease, we DO need to take steps to prevent #mpox from spreading further. Learn more at healthvermont.gov/mpox .
If you're sick	We all can to take steps to prevent mpox (human monkeypox virus) from spreading. If you are feeling sick, or if you have any unexplained rashes or sores, avoid contact with other people and animals and get checked out by a health care provider. Learn more at www.healthvermont.gov/mpox .	We all need to take steps to prevent #mpox (human monkeypox virus) from spreading. If you are feeling sick, or if you have any unexplained rashes or sores, avoid contact with other people and animals and get checked out by a health care provider. Learn more at healthvermont.gov/mpox .
Know the risks	Know the risks of getting mpox (human monkeypox virus) before heading out to have some fun! Lower risk events = fully clothed and unlikely to share skin-to-skin contact. Higher risk events = minimal clothing and likely to have close or sexual contact. Always stay home if you are feeling sick and call your doctor if you have any rashes or sores. Learn more at www.healthvermont.gov/mpox .	Know the risks of getting mpox! Lower risk events = fully clothed and skin-to-skin contact is unlikely. Higher risk events = minimal clothing and intimate sexual contact is likely. Stay home if you're feeling sick or have rashes or sores. Learn more at healthvermont.gov/mpox .



DEPARTMENT OF HEALTH

Vaccines	Free vaccines are available to prevent the spread of mpox. Visit www.healthvermont.gov/mpox to find out if you are eligible.	Free vaccines are available to prevent the spread of mpox. Visit www.healthvermont.gov/mpox to find out if you are eligible.
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Email/Letter

[Please copy and paste into an email or your organization's letterhead.]

Dear [Community],

We are monitoring the current human monkeypox (mpox) virus situation and are working with the Vermont Department of Health to help stop the further spread of the virus. While the risk to Vermonters remains low, we want to keep you updated and make sure you know the facts, the risks, and how to stay healthy. Unlike COVID-19 that mainly spreads through the air, mpox is mainly spread through prolonged close contact.

Monkeypox is a disease caused by a virus not commonly seen in the United States. However, mpox cases recently have been found in the United States and several other countries, including Canada. Mpox can make you sick, with symptoms like a rash, which may look like pimples, blisters, or sores, often with an earlier flu-like illness.

Mpox can spread to anyone through close and often skin-to-skin contact including:

- Direct contact with rash, sores or scabs from a person sick with mpox infection.
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone sick with mpox infection.
- Contact with respiratory secretions, through kissing and other face-to-face contact. This contact can happen in certain social and sexual situations including:
 - Hugging, massage and kissing.
 - Oral, anal and vaginal sex or touching the genitals (penis, testicles, labia, and vagina) or anus (butt) of a person with mpox infection.
 - Touching fabrics and objects that were used by a person ill from mpox and that have not been disinfected, such as bedding, towels, fetish gear and sex toys.

If you feel sick or have a new or unexplained rash or sores, avoid contact with other people and animals, stay home and contact your health care provider. If you do not have a health care provider, call 2-1-1 to be connected to care, or contact the nearest [federally qualified health center](#) or one of [Vermont's Free & Referral Clinics](#).

Free vaccines are available to prevent the spread of mpox. Visit www.healthvermont.gov/mpox to find out if you are eligible.

Get more information at cdc.gov/monkeypox and healthvermont.gov/mpox.

[Related materials: [CDC web page: "Safer Sex, Social Gatherings, and Monkeypox"](#), [CDC Fact Sheet: "Monkeypox and Safer Sex"](#)]

Newsletter Post

Get the Facts about Mpox (Human Monkeypox Virus)

Mpox is a disease not commonly found in the U.S. until recently. The risk of infection remains low, and it does not spread easily without close and often skin-to-skin contact. There's a lot we still need to learn about the current outbreak, but we want to make sure you have the facts.

Mpox can make you sick. The most common symptom is a rash which can look like pimples, blisters, or sores, often with an earlier flu-like illness. While it's not considered a sexually transmitted disease, mpox can spread to others during prolonged close and personal contact. This includes people having sex, kissing, hugging, massaging and talking closely.

If you feel sick or have a new or unexplained rash or sores, avoid contact with other people and animals, stay home and contact your health care provider. If you do not have a health care provider, call 2-1-1 to be connected to care, or contact the nearest [federally qualified health center](#) or one of [Vermont's Free & Referral Clinics](#).

Free vaccines are available to prevent the spread of mpox. Visit www.healhvermont.gov/mpox to find out if you are eligible.

Learn more at cdc.gov/monkeypox and healthvermont.gov/mpox.

[Related materials: [CDC web page: "Safer Sex, Social Gatherings, and Monkeypox"](#), [CDC Fact Sheet: "Monkeypox and Safer Sex"](#)]