

# The Mpox virus is currently circulating in France and the rest of the world.

## TRANSMISSION

It is spread during close contact with a skin rash or scabs on a person who has been infected, through the sharing of laundry (towels, sheets, etc.) or toiletry items (razor, toothbrush). Coughing and sneezing may also spread the disease.

Sex, with or without penetration, also represents a risk for infection. An infected person is contagious as soon as symptoms appear and until the rash has disappeared (15 to 21 days). As long as there are no symptoms, there is no risk of contagion.

**IF YOU HAVE  
THESE SYMPTOMS,  
isolate yourself and  
contact your physician**

**OR CALL 15**

## SYMPTÔMES

If you think you have been exposed, keep a close watch for the **following symptoms for 5 to 21 days** after this exposure:

- rash on your face, palms of your hands, soles of your feet, genital organs, chest or limbs
- fever,
- headache,
- sore throat,
- muscular pain,
- fatigue,
- painful lymph nodes under the jaw, the neck or the armpit.

**In most cases, the illness gets better by itself in about 3 weeks. People need to remain isolated throughout this entire time.**