

What Teens Need To Know About MPV

Monkeypox (MPV) is a contagious virus. It used to be very rare but is now spreading in New York City (NYC) and the U.S. The following information is what teens need to know about MPV to keep safe.

What Are the Symptoms?

The most common symptom of MPV is a rash or sores that may look like pimples or blisters at first, then become harder with a dip in the center. The rash and sores may be all over the body or on certain parts, including the face, hands or feet, or inside or around the mouth, penis, vagina, testicles or butt.

Some people also have symptoms similar to the flu such as fever, chills, headache, muscle aches, swollen lymph nodes or tiredness. These symptoms can occur before or at the same time as sores.

Do not assume someone has MPV if they have a rash or sores, and do not panic if you get a rash or sores. Most rashes and sores are not caused by MPV. Rashes and sores can have many causes such as bug bites, pimples, allergic reactions and other infections. If you have a new rash or sores, talk to a trusted adult or a health care provider. To view images of MPV rash or sores, visit [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox), click on **Signs and Symptoms** and look for **Monkeypox Rash Photos**.

How Does the Virus Spread?

MPV mostly spreads from contact with the rash or sores of someone who has the virus. It can also spread from respiratory droplets passed during close face-to-face contact.

Currently, MPV is spreading mainly during oral, anal and vaginal sex, and other intimate activities such as kissing, cuddling and massage. You can also get it from touching clothing, bedding and other items that have come into contact with the rash or sores of someone who has the virus.

MPV can spread from the time when people first have symptoms until their sores have fully healed and a new layer of skin has formed. This can take two to four weeks.

What Activities Are Safe?

There is a low risk or no risk of getting MPV during most activities. MPV is not nearly as contagious as COVID-19 or the flu. Activities such as going to school, riding the subway or bus, playing sports, and hanging out with friends are unlikely to spread MPV.

What Are Some Ways To Prevent MPV?

People at higher risk of getting MPV, such as people who have multiple or anonymous sex partners, should consider getting vaccinated. To learn more about who can get vaccinated, visit nyc.gov/mpv and click on **MPV Vaccination**, or call **311**. In addition:

- Avoid sex and other intimate contact with multiple or anonymous partners.
- Avoid close physical contact (such as kissing, cuddling and massage) if you or your partners do not feel well or have a new rash or sores.
- Ask your partners if they feel sick or have a new rash or sores.
- Consider avoiding places where there may be direct skin-to-skin contact and minimal clothing, such as raves, parties and clubs.
- Use a latex or polyurethane condom during sex in case MPV can spread through semen. Condoms also protect against sexually transmitted infections and pregnancy.

What If I Have Symptoms or Was Exposed to Someone With MPV?

Talk to a doctor for testing and treatment options or a school nurse for general information and support. You can request to talk in private so you can be honest about your questions and concerns.

People who may have been recently exposed to MPV should get vaccinated right away, as vaccination can prevent them from getting sick and reduce symptoms if they do get the virus.

Where Can I Get Vaccinated?

Visit vaccinefinder.nyc.gov or call 877-VAX-4NYC (877-829-4692) to find an MPV vaccination site. MPV vaccination is free. Youth age 12 and older currently do not need parental consent to get vaccinated. If a child is younger than age 18, parents or guardians can access their vaccine records.

If you do not have a health care provider:

- Visit an NYC Department of Health and Mental Hygiene Sexual Health Clinic. They provide confidential care, and parental consent is not required for people age 12 and older. For more information, visit nyc.gov/health and search for **sexual health clinics**.
- Call **311** or 844-NYC-4NYC (844-692-4692) for help finding a provider.
- Visit nycyouthhealth.org to learn about NYC Health + Hospitals YouthHealth program.

Care is provided in New York City regardless of immigration status, insurance or ability to pay. For more information, visit nyc.gov/mpv and cdc.gov/monkeypox.