

Understanding COVID-19 vs MPX



Learn the differences between COVID-19 and MPX.

COVID-19

MPX



How widespread is it?



There have been hundreds of millions of cases since the start of the pandemic in early 2020, and still spreading widely throughout the world.

Typically found in or linked to central and western African countries. Since May 2022, cases have been identified in many other countries, including the U.S. However, MPX is much less common than COVID-19. While the current risk of getting MPX in the general public is low, it's good to stay alert about emerging public health outbreaks.



When was it first identified?



A novel virus - around since 2019.

Not a new virus - around since 1958.



How does it spread?



Through tiny droplets in the air by talking, sneezing, or coughing. It is extremely infectious and can spread from others who have the virus, even if they don't have symptoms.

- Close physical/intimate skin-to-skin contact, including sex.
 - Contact with contaminated materials (towels, bedding and clothing).
 - Respiratory droplets spread by close and prolonged face-to-face interaction.
- In addition, MPX is much less contagious than COVID-19.



What are the signs & symptoms?



Symptoms of COVID-19 include fever, cough, trouble breathing, runny nose, stomach issues, headaches, muscle aches, loss of taste and smell, and/or cold symptoms.

Symptoms of MPX include a fever, swollen lymph nodes, chills, low energy, and a rash with firm bumps on face, hands, feet, body, or genitals.



How is it prevented?



- Get vaccinated and boosted.
- Wear a mask in indoor settings and crowded outdoor settings.
- Meet others outdoors or in well ventilated spaces.

- Avoid close physical contact with people who have symptoms, including sores or rashes.
- Talk to your sexual partner/s about any recent illness and be aware of new or unexplained sores or rashes.
- Avoid contact with contaminated materials.
- Wear PPE (mask, gloves, gown) if you can't avoid close contact with someone who has symptoms.
- Practice good hand hygiene.



What should I do if I have symptoms?



- Always stay home if you're sick.
- Get tested.
- If you test positive, isolate from others.
- Contact a health care provider right away to talk about treatment options.

- Always stay home if you're sick.
- Cover any blisters or skin lesions.
- Isolate from others and wear a mask if you have to be around others.
- Contact a health care provider right away to talk about diagnosis, testing, and treatment options.

Source: CDPH MPX vs COVID-19

