



Mpox

Signs and Symptoms

Updated August 31, 2023

Mpox symptoms

People with mpox often get a rash that may be located on hands, feet, chest, face, or mouth or near the genitals, including penis, testicles, labia, and vagina, and anus. The incubation period is 3-17 days. During this time, a person does not have symptoms and may feel fine.

- The rash will go through several stages, including scabs, before healing.
- The rash can initially look like pimples or blisters and may be painful or itchy.

Other symptoms of mpox can include

- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Headache
- Respiratory symptoms (e.g., sore throat, nasal congestion, or cough)

You may experience all or only a few symptoms.

Watch for symptoms of mpox for 21 days from the date of your last exposure. If you have symptoms, such as a rash, visit a healthcare provider.

How long do mpox symptoms last?

Mpox symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later.

A person with mpox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.

New data show that some people can spread mpox to others from one to four days before their symptoms appear. It's not clear how many people this has affected during the current outbreak. There is currently no evidence showing that people who never develop symptoms have spread the virus to someone else. CDC will continue to monitor the latest information about [how mpox spreads](#).

If You Have a New or Unexplained Rash or Other Symptoms...

- **Visit a healthcare provider.** If you think you have mpox or have had close personal contact with someone who has mpox, visit a healthcare provider to help them decide if they need to be tested for mpox. If you don't have a provider or health insurance, visit a public health clinic near you.

- **Get tested if recommended.** If your healthcare provider decides that you should be tested, they will work with you to collect the specimens and send them to a laboratory for testing.
- **Avoid close contact.** Until you have talked to your healthcare provider, avoid close contact, including sex or being intimate with anyone
- **Wear a mask.** When you see a healthcare provider, wear a mask.

[If You Are Sick with Mpox](#)

Mpox Rash Photos



Photo credit: UK Health Security Agency



Photo credit: UK Health Security Agency



Photo credit: UK Health Security Agency



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