

Mpox in New York State: Understanding and Preventing the Spread

What is mpox:

Mpox is an illness that is caused by the mpox virus. The virus can cause painful skin rashes with open sores and blisters, fever, chills, and aches. Most people recover within two to four weeks, with the rash scabbing over before healing. The virus became a larger concern when a global outbreak began in 2022. Getting a vaccine can help prevent mpox.

Who is at risk for severe disease:

Mpox can impact anyone who is exposed but can be more serious for certain groups of people including pregnant persons, children, and older adults. People who are less able to fight off infections may have more severe complications, like people living with HIV, cancer, or other serious illnesses.

How mpox spreads:

Mpox can spread through direct contact with people or animals who have mpox. Mpox can also spread by touching surfaces and objects contaminated with the virus.

How mpox relates to sexual health:

Mpox is a key concern for sexual health due to its potential of spread through close physical contact including sexual contact. Since 2022, mpox has mostly spread via sexual contact in the United States.

How to stay healthy

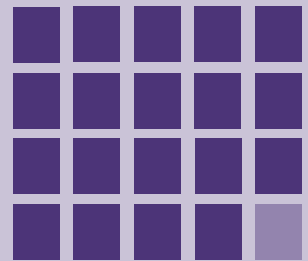
- Get two doses of the mpox vaccine (JYNNEOS) if recommended by your healthcare provider.
- Talk to your sexual partner(s) about their sexual history and any mpox symptoms.
- Get tested for STIs and mpox if you observe sores or blisters in areas of sexual contact. Talk with a healthcare provider about your concerns and avoid skin-to-skin contact in the meantime.
- Wash surfaces, clothing, and bedding if they have been used by someone with mpox. Wash hands or use an alcohol-based hand-sanitizer often.

4,444 cases of mpox in New York State

2022–2023

Although all may be affected, some populations may be more impacted by mpox, with...

96%
of cases
amongst men*,
*Sex at birth.



30–39-year-olds

being the most affected age group,



9/10 identifying* as LGBTQ+,

*Of those with known sexual orientation or gender identity

and more cases amongst certain racial and ethnic groups.

Hispanic 34% of cases

Non-Hispanic Black 24%

Non-Hispanic White 23%

For more information about mpox



For mpox data and vaccine information



Data Source: New York State and New York City Surveillance Systems
References: [How Mpox Spreads](#) | [Mpox](#) | [CDC, Risk of Clade I Mpox Outbreaks Among U.S. MSM - Update](#) | [CFA: Modeling and Forecasting](#) | [CDC, Mpox Vaccination](#)

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Department of Health