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**NEWS
RELEASE**

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Public Health Officials Report Fifth Case of Monkeypox

Vulnerable Individuals Urged to Use Safety Precautions

El Paso, Texas—The City of El Paso Public Health Department is reporting the community's fifth case of Monkeypox (MPox).

A male in his 20s is the community's fifth confirmed MPox case and is currently recovering at home.

"We strongly recommend everyone to continue practicing safety precautions even when disease activity is low, to keep themselves and their family, especially our most vulnerable loved ones, safe from all diseases, whether it is MPox, COVID, or the flu," said City-County Health Authority Dr. Hector Ocaranza.

MPox is a viral disease that can be spread between people and certain animals presenting with a very characteristic rash that may be located on several areas of the body. 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.

Symptoms of MPox include a distinctive rash, fever, chills, headache, exhaustion, muscle ache, backache, and swollen lymph nodes.

MPox symptoms usually start within three weeks of exposure to the virus. Individuals may experience all or only a few symptoms. MPox can spread in various ways:

- MPox can spread to anyone through close, personal, often skin-to-skin contact
- This direct contact can also happen during intimate contact
- It is possible to get MPox from an infected animal, either by being scratched or bitten by the animal or by preparing or eating meat or by using products from an infected animal

A person with MPox can spread it to others from the time symptoms start until the rash has fully healed and a fresher layer of skin has formed. The illness typically lasts 2 to 4 weeks.

These simple steps can help prevent the spread of the virus:

- Avoid close, skin-to-skin contact with people who have a rash that looks like MPox
- Avoid contact with objects and materials that a person with MPox has used
- Wash your hands often

The City's epidemiology team will investigate every confirmed case, identify those having close contact, and offer the vaccine to those individuals. Residents with MPox symptoms should talk to a healthcare provider to determine the disease and outline the next steps.

For more information visit [EPHealth.com](https://www.ephealth.com) under the [Monkeypox](#) tab.

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Promoting **Transparent & Consistent Communication**
Among All Members of the Community

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