



Instructions for People Exposed to Monkeypox

If you were exposed to someone with monkeypox you should:

- **Monitor for symptoms**
- **Take extra precautions to prevent spreading monkeypox to others**
- **Consider getting vaccinated, if eligible**
- **Follow the steps below**

If you have been in close contact with a confirmed monkeypox case, **you should monitor for symptoms and take extra precautions to prevent spread of the disease, for 21 days from the last exposure.**

What precautions should I take?

Monitor for symptoms

- Conduct twice daily self-examinations for rash, bumps, or blisters. These may appear anywhere on the body, including the genitals. If you are able, remove all of your clothing and conduct your self-exam in front of a mirror. Check all of your body, including your genitals and anus.
- Other symptoms may include fever and headaches, muscle aches, and swollen lymph nodes.

Take a break from sexual activity and other intimate activities

Anyone who has had close contact with a confirmed monkeypox case should avoid sexual activity or being intimate with anyone, for 21 days from the last exposure.

Post-exposure vaccination

If your exposure was to someone while they had monkeypox symptoms, you may be eligible for post-exposure vaccination, available through Sacramento County Public Health; talk to your assigned Public Health Nurse about this. Vaccination may prevent monkeypox disease if given within 4 days of exposure and lessen the severity of infection if given within 4-14 days of exposure.

Wait to travel

If you came into close contact with someone with monkeypox, including unprotected contact with their skin, mucous membranes, lesions, bodily fluids, or contaminated materials (e.g. linens, clothing) or you were within 6 feet of them for 3 or more hours without wearing a mask, you should wait 21 days from the last exposure before travelling by commercial airplane.

What if I develop symptoms?

If you begin experiencing symptoms consistent with monkeypox, you should immediately isolate at home and contact Sacramento County Public Health (916) 875-5881 for testing and additional guidance and instructions.