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.