

Human Monkeypox

MPOX

MPOX is a viral disease that can make you sick. The virus is more often spread through close, skin-to-skin contact.



BE AWARE



MPOX is spread through close personal, often skin-to-skin contact including:

- Kissing, cuddling, and
- Contact from objects/fabrics that have been touched by infectious rash, scabs, or body fluids.

KNOW THE SIGNS



- Rashes or sores
- Swollen lymph nodes
- Headache
- Fever/chills
- Muscle or backaches

The time from infection to symptoms is typically 7 to 14 days but can range from 5 to 21 days.

People who do not have MPOX symptoms cannot spread the virus to others.

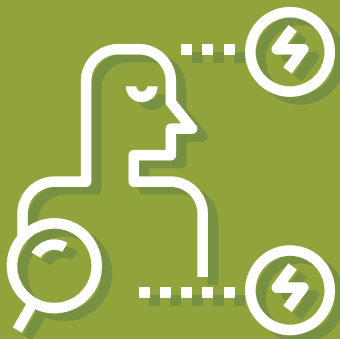


LOWER YOUR RISK



- Limit close, skin-to-skin contact with anyone who has a rash that looks like MPOX.
- Check yourself and ask your partner(s) about recent rashes and illnesses.
- Avoid touching rashes/scabs; and contact with objects and materials (e.g., clothing, bedding, and towels) someone with MPOX has used.

IF EXPOSED



- Get vaccinated within the first 14 days after exposure or if notified by the Health Department.
- Monitor for signs and symptoms for 21 days. If you are symptom free, you can continue daily routine activities (e.g., work, school).
- If symptoms develop, immediately isolate, contact your healthcare provider, and inform close contact(s).



IF YOU ARE SICK



- Isolate, stay at home, and monitor symptoms. Illness typically lasts 2-4 weeks.
- Contact your healthcare provider to get tested if you have a rash.
- Get treatment, if needed.
- Inform close contact(s). Visit www.tellyourpartner.org for anonymous partner notification.

For updates, text **COSD MONKEYPOX** to **468-311**.

For resources, visit:

SanDiegoCounty.gov/monkeypoxSD

