

If You Have Been

# Exposed to Human Monkeypox (MPOX)



# Get Vaccinated



- Vaccination helps to protect against MPOX when given before or shortly after exposure.
- Get vaccinated within the first 14 days after exposure or if notified by the Health Department.
- Vaccination is most effective at preventing MPOX if administered within the first 4 days after exposure.



# Monitor



- Continue daily routine activities (e.g., work, school).
- Monitor for signs and symptoms for 21 days.



# If Symptoms Develop



- Self-isolate at home, including from pets.
- Contact your healthcare provider to get tested when you have a rash. Call 2-1-1 or 7-1-1 (hearing impaired), if you do not have a healthcare provider.
- Inform close contact(s). Visit [www.TellYourPartner.org](http://www.TellYourPartner.org) for anonymous partner notification.



# BE AWARE. KNOW THE SIGNS. LOWER YOUR RISK.

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

For resources, visit:

**[SanDiegoCounty.gov/monkeypoxSD](https://SanDiegoCounty.gov/monkeypoxSD)**

