

# If You Have Been Exposed to Mpox

Mpox is spread through close, skin-to-skin contact, including intimate physical contact (such as kissing, cuddling, or sexual activity), and contact from objects/fabrics that have been touched by infectious rash, scabs, or body fluids. If you are exposed to mpox, follow the recommendations below and visit [www.SanDiegoCounty.gov/mpox](http://www.SanDiegoCounty.gov/mpox) for updates and guidance.



## Get Vaccinated

Vaccination helps to protect against mpox when given before or shortly after an exposure.

- Get vaccinated within the first 14 days after exposure or if notified by the Health Department.
- Vaccination within 4-14 days after exposure may help reduce symptoms but might not prevent infection from developing.



## Monitor

- Continue daily routine activities (e.g., work, school).
- California Department of Public Health (CDPH) highly recommends monitoring for signs and symptoms and avoiding sexual contact with others 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.

*\*Dial 7-1-1 if you are hearing-impaired and ask to be connected to 2-1-1 at (858) 300-1211.*

