

If You Are Sick with 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 sick with mpox, follow the recommendations below and visit www.SanDiegoCounty.gov/mpox for updates and guidance.



Isolate

- Isolate (stay) at home and monitor symptoms. Illness typically lasts 2-4 weeks.
- Avoid sharing household items and contact with animals to prevent spread to pets.
- Wear a mask and rash should always be well covered until completely healed.



Contact

- Contact your healthcare provider to get examined and tested, if needed.
- Call 2-1-1 or 7-1-1* (hearing impaired), if you do not have a healthcare provider or for more information.

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



Get Treatment

- Most people get well from mpox without needing any medications or other treatment.
- However, the U.S. Food and Drug Administration (FDA) has approved Tecovirimat (TPOXX or ST-246) as a treatment for mpox, and it is available from healthcare providers.



Inform Close Contacts

- Let partner(s) and close contacts know you are having symptoms.
- Visit www.TellYourPartner.org to make an anonymous partner notification.

