

Monkeypox

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



BE AWARE



Monkeypox 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 SIGNS



- Headache
 - Fever
 - Muscle or back aches
 - Chills
 - Swollen lymph nodes
 - Rashes or sores
- The time from infection to symptoms is typically 7 to 14 days but can range from 5 to 21 days. Illness typically lasts 2-4 weeks. People who do not have monkeypox 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 monkeypox.
- 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) that someone with monkeypox that has used.

IF EXPOSED



- Get vaccinated within the first 14 days after exposure.
- 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.
- 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



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