

# 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](http://www.tellyourpartner.org) for anonymous partner notification.



For updates, text COSD MONKEYPOX to 468-311. For resources, visit:  
[SanDiegoCounty.gov/monkeypoxSD](http://SanDiegoCounty.gov/monkeypoxSD)

