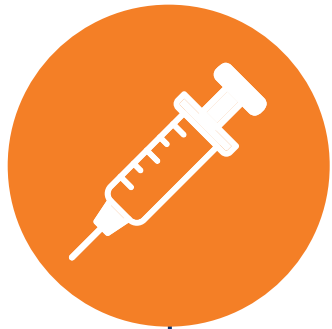


# If You Have Been Exposed to Human Monkeypox (MPOX)

MPOX is spread by direct physical contact with people or animals who have symptoms or contaminated clothing, bedding, towels, or other items. If you have been in contact with people or animals infected with MPOX, follow the recommendations below and visit [www.SanDiegoCounty.gov/monkeypoxSD](http://www.SanDiegoCounty.gov/monkeypoxSD) 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 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.

\*Close contacts are people living in the same household; having direct physical contact, including sexual contact; and having direct contact with skin rash/lesions and/or bodily fluids without personal protective equipment.

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



For updates, text COSD MONKEYPOX to 468-311. For resources, visit:

[SanDiegoCounty.gov/monkeypoxSD](http://SanDiegoCounty.gov/monkeypoxSD)

