

If You Are Sick with 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 begin to show symptoms of infection, follow the recommendations below and visit SanDiegoCounty.gov/monkeypoxSD for updates and guidance.



Isolate

- Take care of yourself and manage your symptoms.
- Self-isolate at home, including from pets.
- Unless it is necessary to see a healthcare provider.
- Avoid sharing household items.
- Wear a mask and cover any rash/lesions if in close contact with other household members.



Contact

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



Get Treatment

- Get treatment if needed. The U.S. Food and Drug Administration (FDA) has approved Tecovirimat (TPOXX or ST-246) as a treatment for monkeypox. Speak to your healthcare provider for more information.



Inform Close Contacts

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

**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.



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

SanDiegoCounty.gov/monkeypoxSD



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