

Monkeypox

What to Expect After Exposure

If you have been exposed to monkeypox, follow the steps below:

Monitor Your Health

- Symptoms can develop up to 21 days after exposure to monkeypox. For the 21 days following your exposure, monitoring yourself for:
 - Fever
 - Headache
 - Muscle aches
 - Back ache
 - Swollen lymph nodes
 - Chills
 - Exhaustion
 - Rash/Lesions
- If you develop these symptoms, isolate yourself at home, call your healthcare provider to discuss how you're feeling and the potential need for monkeypox testing.
- If you must leave your home or be around other people after developing symptoms, either to seek medical care or for any other reasons, wear a surgical mask.

Communicate with Public Health

- Public health staff will call you to ensure you understand the importance of monitoring yourself for symptoms and to answer any questions you have.

Practice Healthy Habits

- If someone else in your home has monkeypox, or you have ongoing contact with someone with monkeypox:
 - Wash your hands well after touching lesions (or any items or surfaces that have come in contact with lesion material).
 - Do not share items (like dishes, utensils, electronics, clothes, laundry, bedding) with others.
 - Wash clothing, bedding, towels, in a standard washing machine with warm water and detergent (bleach can be used but is not necessary).
 - Use care when handling dirty laundry. Wear disposable gloves and wash your hands well after contact.
 - Use standard household cleaners/disinfectants to clean any surfaces that may have come in contact with lesions. Follow the directions on the cleaning products for effective use.

Learn More

Centers for Disease Control and Prevention: www.cdc.gov/poxvirus/monkeypox