

# I got tested for mpox. Now what?

**Someone from our team will call you with your results.**

It may take a couple of days—no need to call us!

## **While you wait for our call...**

- **Stay home and away from other people and pets.** Use a separate bathroom and separate dishes, bedding, towels, and electronics.
- If isolating is impossible, wear a well-fitting mask and cover any skin rash. Avoid touching other people or pets.
- Do your own laundry and carry it in a plastic bag to the machine.
- Wash your hands and disinfect frequently-touched surfaces.
- Don't scratch your rash.
- If you have a medical emergency call 911.

## **Remember to take care of yourself!**

- Ask your doctor about medication for pain and fever. Our Contact Center can help you find a medical provider if you don't have one.
- Take warm baths, and keep your rash clean, dry and uncovered.
- Rinse lesions in your mouth with salt water.
- Stay hydrated, eat well, and get enough sleep.
- Keep connected with others virtually or over the phone.

We're here for you—if you have any questions or need help connecting to resources, call us at **804-205-3501** or visit [rhhd.gov/mpox](https://rhhd.gov/mpox).

