

Monkeypox Information Sheet

Close Contact with a High Exposure Risk

What is the situation?

The health department thinks that you had a **high level** of exposure to monkeypox.

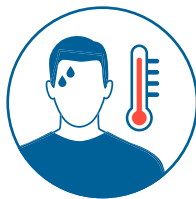
What should you do?

Monitor your health for 21 days after your exposure. Watch for any of these symptoms:



Skin rash

on any part of your body
(even if it is only 1 or 2 spots)



Fever



Chills



Headache



Muscle aches
and back aches



Swollen lymph
nodes

The health department will give you directions about how to monitor your health and will talk with you each day. You may continue most of your normal activities during this time if you do not have any symptoms, but you should **not** use public transportation, like an airplane, train, or bus.

Based on your exposure, vaccination is recommended to prevent illness. The vaccine works best if it is started within 4 days of your exposure. Talk with your healthcare provider or the health department about this.

If you develop monkeypox symptoms within the monitoring period:

- Call the health department immediately. They will talk with you about next steps, including testing.
- Stay home and away from other people and pets. If staying away from other people and pets is unavoidable, wear a well-fitting mask and cover any skin rash. Do not go to work or school.
- If you have a medical emergency, call 9-1-1 or call ahead to your local emergency clinic and let the staff know that you might have been exposed to monkeypox.

Where can you find more information about monkeypox?

- VDH Monkeypox website: vdh.virginia.gov/surveillance-and-investigation/monkeypox/
- VDH Health Department Locator: vdh.virginia.gov/health-department-locator/