Monkeys do not have any symptoms. You may continue your normal activities during this time if you do not have any symptoms.

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/