

Monkeypox Information Sheet

Close Contact with a Low or Uncertain Exposure Risk

What is the situation?

The health department thinks that you had a **low 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

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/