

Mpox Information Sheet

Close Contact with an Intermediate Exposure Risk

What is the situation?

The health department thinks that you had an **intermediate (medium) level** of exposure to mpox.

What should you do?

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

- Skin rash (even if it is only 1 or 2 spots) on any part of your body
- Fever
- Chills
- Headache
- Muscle aches and back aches
- Swollen lymph nodes
- Feeling tired
- Respiratory symptoms (nasal congestion, cough, or sore throat)



Skin rash



Feeling tired



Respiratory symptoms

You may experience all or only a few symptoms.

The health department will give you directions about how to monitor your health and will talk with you each day. You may continue your routine daily activities during this time if you do not have any symptoms.

Based on your exposure, vaccination might be recommended to prevent illness. The vaccine works best if it is given within 4 days of your exposure. Talk with your healthcare provider or the health department about this. Visit the [CDC website](#) to learn more about mpox vaccination, including who should get vaccinated, where to get vaccinated, cost, and more.

If you develop mpox 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 mpox.

Where can you find more information about mpox?

- VDH mpox website: www.vdh.virginia.gov/mpox
- VDH Health Department Locator: vdh.virginia.gov/health-department-locator/