

Mpox 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 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.

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

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/