

### If you have been exposed to monkeypox, follow the steps below:

#### Monitor Your Health

- Symptoms can develop up to 21 days after exposure to monkeypox. For the 21 days following your exposure, monitoring yourself for:
  - Fever
  - Headache
  - Muscle aches
  - Back ache
  - Swollen lymph nodes
  - Chills
  - Exhaustion
  - Rash/Lesions
- If you develop these symptoms, isolate yourself at home, call your healthcare provider to discuss how you're feeling and the potential need for monkeypox testing.
- If you must leave your home or be around other people after developing symptoms, either to seek medical care or for any other reasons, wear a surgical mask.

#### Communicate with Public Health

- Public health staff will call you to ensure you understand the importance of monitoring yourself for symptoms and to answer any questions you have.

#### Practice Healthy Habits

- If someone else in your home has monkeypox, or you have ongoing contact with someone with monkeypox:
  - Wash your hands well after touching lesions (or any items or surfaces that have come in contact with lesion material).
  - Do not share items (like dishes, utensils, electronics, clothes, laundry, bedding) with others.
  - Wash clothing, bedding, towels, in a standard washing machine with warm water and detergent (bleach can be used but is not necessary).
  - Use care when handling dirty laundry. Wear disposable gloves and wash your hands well after contact.
  - Use standard household cleaners/disinfectants to clean any surfaces that may have come in contact with lesions. Follow the directions on the cleaning products for effective use.

#### Learn More

- Centers for Disease Control and Prevention: [www.cdc.gov/poxvirus/monkeypox](https://www.cdc.gov/poxvirus/monkeypox)