If you might have been exposed to hMPXV (Monkeypox)

hMPXV doesn't spread easily. To get it, you need skin-to-skin contact with someone who is sick with hMPXV. You can also get hMPXV from handling clothing, bedding, or other materials that have touched a sick person's rash. Less often, infection can happen during close, face-to-face contact for a long time (more than 3 hours).

Understanding your level of risk

If you had close contact with someone ill with hMPXV, public health staff may check in with you to gather more information. This will help determine your level of risk and whether you should receive a vaccine. Giving someone vaccine after they are exposed can help prevent infection or severe symptoms.

- **If you had a high-risk exposure:** Watch for fever and other symptoms as listed below. Vaccine is recommended.

- **If you had a medium-risk exposure:** Watch for fever and other symptoms as listed below. Consider vaccine to protect you against severe hMPXV illness. Discuss your options with public health staff and your healthcare provider.

- **If you had a low-risk exposure:** Watch for fever and other symptoms. No vaccine is needed.

Watch for symptoms

Anyone who was exposed to hMPXV virus should watch for these symptoms:

- new rash
- fever $\geq$ 100.4
- swollen lymph glands
- chills

Check your temperature twice a day. Watch for symptoms for 21 days after your last exposure. Symptoms may start anywhere between days 5 and 21.

If you get these symptoms, isolate yourself from others and call your local health department for more advice.

Guidance

As long as you do not have symptoms, you can continue work, school, and other activities.

Avoid further close contact with the sick person until that person's rash is completely gone. Don't donate blood, semen, breast milk, tissue, or make similar donations while you are watching for symptoms. If you had a high-risk exposure, avoid travel by public transportation until your 21-day monitoring is over. If you are a healthcare worker, let your employer know about the exposure.