

Mpox:

What to do after being exposed



Washtenaw County
Health Department

If you are exposed to someone with mpox, avoid others (including pets) and contact your health care provider right away. If you don't have insurance or a health care provider, call the Health Department. Mpox testing is available through local health care providers.

To prevent spread and protect your health, it is important to watch for symptoms and follow instructions from the Washtenaw County Health Department (WCHD), even if your contact was short.

In addition to avoiding others and contacting a health care provider, follow these instructions carefully:

1. Monitor your health for symptoms of mpox virus infection. During and immediately after your last exposure, monitor yourself daily for any of these signs and symptoms for 21 days:

- Fever (Temperature of 100° F or greater) or feeling feverish/chills
- Headache
- Backache
- Swollen lymph nodes
- Cough
- Sore throat
- Blister-like rash or sores

Monitor your health daily. It can help to write down notes about your health (including your temperature) for these 21 days. Re-start your monitoring period from Day 1 if you are exposed again.

2. Call the Health Department at 734-544-6700 immediately if you develop any illness signs or symptoms during these 21 days. The Health Department will help you determine what to do next.

Other things to know:

- If you have symptoms, stay home and limit contact with others as much as possible until the results of your test are known. The Health Department may have additional instructions for you as well.
- **Mpox vaccines can be given to prevent illness.** Getting a mpox vaccine within 4 days of an exposure can prevent the onset of disease. Getting vaccinated between 4-14 days after exposure may reduce symptoms of the disease.
- You must have a rash or sores to get an mpox test. To test for mpox virus, your provider will collect a sample from you by swabbing your rash or collecting a blood specimen. They may also do blood tests for other infections that can look like mpox, such as a syphilis test.
- If you become sick while you are observing your health, a doctor might prescribe an antiviral medication for you that is used for treatment of smallpox. These drugs can also treat mpox virus infection. It is important to start antiviral treatment as soon as possible and to follow the directions for taking all of the medication that is prescribed.

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov/poxvirus/monkeypox.