



1. What should I do if I have been exposed to someone with mpox (formerly called monkeypox)?

- **Track your health.** People who develop mpox usually get symptoms 7-14 days (and up to 21 days) after being exposed. If you develop symptoms (see below), be prepared to isolate yourself from others.
- **Get vaccinated** if you have not already completed a two-dose mpox vaccine series. Getting a dose of mpox within 4 days after exposure can help prevent you from becoming infected. Getting a vaccine 4-14 days after exposure may make your infection less severe. Learn more at ph.lacounty.gov/monkeypox/vaccine.htm.
- **Please answer calls from Public Health.** If you are named as a contact to someone with mpox, Public Health may be in touch with you to see how you are feeling and to offer vaccination if appropriate.

2. What signs and symptoms should I look out for?

The most common symptom of mpox is a rash that may:

- Look like bumps, pimples, blisters, or scabs and will go through several stages before healing. Generally, the rash starts as red, flat spots, and then become bumps. Those bumps can then become filled with fluid which turns to pus. The bumps then crust into a scab.
- Be on or near the genitals (penis, testicles, labia, and vagina), anus (butthole), mouth, or other areas like the hands, feet, chest, and face.
- Spread over the body, or it may be limited to one area. There may be just a few bumps or blisters.
- Be painful and/or itchy. Some people have severe pain, especially if the rash is inside their mouth or anus.

In addition to the rash, people may also develop flu-like symptoms. These can appear 1-4 days before the rash starts or after the rash starts. They include fever/chills, swollen lymph nodes, exhaustion, muscle aches, and headache.

3. How long is someone with mpox contagious?

A person with mpox can spread it to others from up to four days before their symptoms start until the rash has fully healed, all scabs have fallen off, and a fresh layer of skin has formed. This usually takes 2 to 4 weeks.

Scientists are still studying how often mpox can be spread when a patient has no symptoms, how often mpox is spread through respiratory secretions, when a person with mpox might be more likely to spread it through respiratory droplets, whether mpox may be transmitted through other body fluids such as semen, vaginal fluids, urine, or feces, and any other types of interactions or behaviors that may put people at increased risk. Public Health will continue to share information as we learn more.

4. Do I have to avoid any activities?

As long as you do not have any symptoms of mpox (see above), you can continue your routine daily activities (e.g., go to work, school). However, you should not donate blood, cells, tissue, breast milk, semen, or organs during your 21-day symptom monitoring period. You should also avoid sexual contact with others for 21 days after your last exposure to mpox.



5. What should I do if I develop signs or symptoms of mpox?

See a healthcare provider as soon as possible if you develop a new rash, sores, or skin lesions on any part of your body and/or develop flu-like symptoms. Be sure to tell them about your exposure to mpox. Cover your rash and wear a well-fitting mask when you go to see the provider.

If you don't have a provider or health insurance, call the Public Health Call Center at 1-833-540-0473 (open daily 8am to 8:30pm). If you have a rash, you can also access services at Public Health's Sexual Health Clinics (see schedule [here](#)).

If you have a rash that the healthcare provider is concerned may be mpox, they will test you. They will rub a swab against sores on your skin, or parts of your rash, and send the swabs to a lab for mpox testing.

Until you know you don't have mpox, you should take steps to reduce the risk of spreading the infection by staying away from others. Follow [Mpox Isolation Instructions](#).

6. What should I do if I am diagnosed with mpox?

If you are diagnosed with mpox, you should isolate to protect others. Follow the [Isolation Instructions for People with Mpox](#) which are available in several languages at ph.lacounty.gov/monkeypox.

Contact your sex partners and people you have had very close, intimate and/or prolonged contact with since the start of your symptoms. Do this as soon as possible so they can consider getting [vaccinated](#) (if they have not already been vaccinated for mpox). They can also look out for any symptoms of mpox.

Please answer calls from Public Health. If you are diagnosed with mpox, they will be in touch to ask you about your exposures and activities before and after you developed symptoms. This is to try to find out how you may have been exposed to mpox and to help to identify other people who may have been exposed.

7. Where can I go for more information?

Los Angeles County, Department of Public Health

ph.lacounty.gov/monkeypox

ph.lacounty.gov/monkeypox/vaccine.htm

Centers for Disease Control and Prevention

<https://www.cdc.gov/poxvirus/mpox/index.html>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Mpox.aspx>