

HAD CLOSE CONTACT WITH SOMEONE WHO HAS MONKEYPOX

You are at risk for getting monkeypox if you had close contact with a person who was infected with monkeypox, especially if the person had an uncovered rash or sores. For more guidance, call Kitsap Public Health at 360-728-2235. Your identity and health information will be kept confidential.

What is monkeypox?

Monkeypox, or MPV, is a disease caused by a virus. Monkeypox is being reported this year in many countries that do not normally have monkeypox cases, including the United States. **People who get monkeypox typically recover in 2-4 weeks.** Some people are at higher risk for severe illness, including people with weakened immune systems.

HOW DOES IT SPREAD?



Monkeypox most often spreads through skin-to-skin contact with someone who has symptoms.

Monkeypox can also spread through:

- Respiratory droplets or saliva during face-to-face contact, such as kissing.
- Contact with items such as clothing or bedding used by someone with monkeypox.

WHAT ARE THE SYMPTOMS?



A rash, bumps, or sores can appear anywhere on the body.

Find images of rashes at [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox)



Some people have flu-like symptoms including fever, aches, or swollen glands.

Symptoms begin 5-21 days after exposure.

STEPS TO TAKE IF YOU WERE EXPOSED TO MONKEYPOX

Monitor yourself for symptoms

Pay attention to your health and check for symptoms of monkeypox, especially an unexplained rash or sores. Symptoms typically begin within five to 21 days.



If you have symptoms:

- **Call a healthcare provider** as soon as possible for evaluation and testing. If you need assistance, call Kitsap Public Health at 360-728-2235.
- **Isolate away from other people** and pets as much as possible.
- **Wear a mask if you need to be around others.** Cover rashes, sores, or broken skin.
- **Avoid public transportation** and ride shares.
- Find more guidance at [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox)

Consider getting vaccinated

Monkeypox vaccination is recommended for close contacts of monkeypox cases who are at high risk for infection. A vaccine can prevent you from getting monkeypox, or make your illness less severe if you do get monkeypox. For vaccination information in Kitsap County, call **360-728-2007** or go to [kitsappublichealth.org](https://www.kitsappublichealth.org).

Consider reducing activities that increase risk for monkeypox

Monkeypox most often spreads through close, skin-to-skin contact. Higher risk activities include:

- Sexual or intimate contact. Having more sexual partners can increase risk for monkeypox.
- Crowded gatherings with skin-to-skin contact.
- Learn more at [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox)