

# TEST POSITIVE FOR MONKEYPOX OR THINK YOU HAVE MONKEYPOX



**If you have not already been seen by a healthcare provider, contact a healthcare provider as soon as possible for evaluation and testing.**

**Most people who have monkeypox recover at home in two to four weeks without medical care.** Some people are at higher risk for severe illness, including people with weakened immune systems. Contact your healthcare provider if you are at higher risk for severe illness or your symptoms become severe. Learn more at [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox)



**You may need antiviral treatment** if you are in severe pain or you are more likely to become severely ill from monkeypox. Ask your healthcare provider to contact the local health department for information about treatment. Vaccination is not recommended for people who already have symptoms. Instead, ask your provider about antiviral treatment.



**You can spread monkeypox to others from the start of symptoms until the rash has fully healed.** The scab has fully healed when the blisters have scabbed over, the scabs have come off on their own, and there is fresh, healthy skin underneath. This can take two to four weeks.

## ISOLATE AT HOME

- **Stay home except when getting health care.** If you have a medical appointment, call before you go in to see if they have special procedures for you to follow.
- If possible, **telework or take leave** from work or school.
- **Separate yourself from other people in your home**, especially those who might be at increased risk of getting sick, such as children, people who are immunocompromised, or people who are pregnant. Limit contact with your pets or livestock.
- **Do not use public transit or ride shares**, such as buses, ferries, trains, planes, taxis, Uber or Lyft.

## TAKE CARE OF YOURSELF

- **Do not pop or scratch lesions from the rash.** This does not speed up recovery and can spread the virus to other parts of the body and to others.
- **Do not shave the area with the rash** until the scabs have fallen off and a new layer of skin has formed.
- **Keep lesions/rash clean and dry** when not bathing.
- **Avoid using contact lenses** to prevent eye infection.
- **Eat healthy and rest** to help your body heal.

## NOTIFY CLOSE CONTACTS

**It is important to notify people you have had close contact with since the start of your symptoms that they might have been exposed to monkeypox.** Close contacts should watch for signs and symptoms, consider getting vaccinated, and get tested and isolate if they have symptoms. If you are unable to notify your close contacts, your local health department may be able to notify your close contacts for you without disclosing your information.

## PROTECT PEOPLE AROUND YOU

- **Cover the rash with gauze or band-aids** to prevent spreading the virus.
- **Wash hands often with soap and water** or use an alcohol-based hand sanitizer, especially after direct contact with the rash.
- **If you have rash on your hands, wear gloves** that are non-irritating when handling common objects or touching surfaces in shared spaces. Wash reusable gloves between uses.
- **Wear a well-fitting mask around other people** until the rash and all other symptoms have gone away.
- **Do not let others touch your skin**, especially any areas with a rash. Avoid kissing, hugging, sex, and other intimate contact.
- **Do not share towels, clothes, bedding, dishes or utensils.** If possible, do your own laundry and dishes.
- After you have recovered, **thoroughly clean and disinfect spaces in the home** you were in contact with while ill. Focus on disinfecting items and surfaces that were in direct contact with your skin.