

## Monkeypox Monitoring & Prevention Instructions for Close Contacts

Monkeypox is a rash illness that is caused by infection with monkeypox virus. If you have had close contact with someone who is ill with monkeypox, please take care to prevent becoming ill and spreading the illness to others by following the recommendations below.

### Transmission

Monkeypox spreads between people through direct contact with infectious body fluids or sores, and indirect contact with sores, such as through contaminated clothing or linens. Transmission also occurs through large respiratory droplets. Respiratory droplets generally cannot travel more than a few feet, so prolonged face-to-face contact is required. Monkeypox can spread during intimate contact between people, including during sex, as well as activities like kissing, cuddling, or touching parts of the body with monkeypox sores.

### Prevention

It is really important that you avoid close physical contact with others during the time that you may develop illness, which is 21 days from your last contact with someone who is ill with monkeypox. This is because if you do develop illness, you would be contagious and could spread the illness to others. This includes avoiding sexual contact and prolonged skin to skin contact when possible. For daycare-aged children, it may be prudent for them to be excluded from daycare or group settings during the monitoring period.

### Vaccine

Depending on your risk of exposure, the Louisiana Office of Public Health may recommend that you receive a vaccine to prevent illness. If this is recommended to you, a public health official will let you know where you can go to receive the vaccine. It is important that vaccine is received as quickly as possible if it is recommended.

### Symptom Monitoring

It is very important to take your temperature twice a day and carefully monitor for symptoms for 21 days past the last day you had contact with someone who is ill with monkeypox. The Office of Public Health will send text messages to you to help monitor your symptoms every day.

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Symptoms to look for include:

- Fever  $\geq 100.4^{\circ}\text{F}$  ( $38^{\circ}\text{C}$ )
- Chills
- New onset of swollen lymph nodes or nodules around your ears, underarms, neck or groin
- New skin rash

If symptoms develop, please immediately self-isolate and call the Office of Public Health (800-256-2748) for further guidance.

If you need to seek medical care during your monitoring period, please be sure to notify the facility before you arrive that you have had close contact with someone ill with monkeypox and be sure to wear a mask and cover any lesions if you have a rash.

If you remain asymptomatic you can continue routine daily activities (e.g., go to work, school), however it may be prudent for daycare-aged children to be excluded from daycare or group settings during the monitoring period. You should not donate blood, cells, tissue, breast milk, semen, or organs while they are under symptom surveillance. If you have plans to travel on a commercial flight during the monitoring period, please consult with OPH before traveling.

Again, it is highly recommended to avoid close personal contact with others, including sexual contact and skin to skin contact for the duration of the monitoring period, or 21 days from the last contact date.

### Additional Resources:

- <https://www.cdc.gov/poxvirus/monkeypox/>
- Louisiana Office of Public Health – Infectious Disease Epidemiology 24/7 Hotline: 1800-256-2748