



State of Nevada Division of Public & Behavioral Health

Instructions for People Exposed to Monkeypox

If you were exposed to someone with monkeypox you should:

- Monitor for symptoms for 21 days after the last exposure.
- Take extra precautions to prevent spreading monkeypox to others.
- Consider getting vaccinated, if eligible.
- [Follow the steps below:](#)

What precautions should I take?

Monitor for symptoms

- Conduct **twice daily self-examinations** for rash, bumps, or blisters. These may appear anywhere on the body, including the genitals. If you are able, remove all of your clothing and conduct your self-exam in front of a mirror. Check all of your body, including your genitals and anus.
- Symptoms may include:
 - Fever
 - Chills
 - Headache
 - Muscle aches
 - Backache
 - Exhaustion
 - Swollen lymph nodes
 - Rash

Anyone who has had close contact with a confirmed monkeypox case should:

- Avoid sexual activity or being intimate with anyone, for 21 days from the last exposure.
- Avoid donating blood, cells, tissue, breast milk, semen, or organs, for 21 days from last exposure.

Post-exposure vaccination

If your exposure was to someone while they had monkeypox symptoms, you may be eligible for postexposure vaccination, available through public health; talk to your health department about this. Vaccination may prevent monkeypox disease if given within 4 days of exposure and lessen the severity of infection if given within 4-14 days of exposure.

Wait to travel

If you came into close contact with someone with monkeypox, including unprotected contact with their skin, mucous membranes, lesions, bodily fluids, or contaminated materials (e.g., linens, clothing) or you were within 6 feet of them for 3 or more hours without wearing a mask, you should wait 21 days from the last exposure before travelling by commercial airplane.

What if I develop symptoms?

If you begin experiencing symptoms consistent with monkeypox, you should immediately isolate at home and contact your local health department. **Health department numbers by county are listed below:**

Southern Nevada Health District (Clark County) 775-759-1300 (24 hours)

Washoe County Health District (Washoe County) 775-328-2447 (24 hours)

Carson City Health & Human Services (Carson City, Douglas, Lyon, Storey) 775-887-2190 (24 hours)

Nevada Division of Public and Behavioral Health (All other counties) 775-684-5911 (M to F 8 am to 5 pm)
775-400-0333 (after hours)