

# Mpox

## Symptom Monitoring

If you were exposed to mpox, monitor for signs and symptoms for 21 days.

Mpox can spread to anyone through close (often skin-to-skin) contact. This includes intimate contact (kissing, touching, any kind of sex). If your partner has mpox, avoid sex or being intimate until all sores have healed and a fresh layer of skin has formed.

Standard household cleaning products and disinfectants should be used to wash any surfaces and materials that have been touched by someone who has mpox, followed by handwashing. Remember to wash any bedding, towels, or clothing that have had contact with the infectious rash or body fluids.



### Know the Signs and Symptoms

- **Common symptoms include:**

- Fever or chills
- Swollen lymph nodes
- Rash with hard, round, fluid or pus filled lesions on skin or in the mouth (commonly at site of exposure)

Some people develop a rash without other symptoms.

Symptoms usually start 4-14 days after exposure to the virus.

- If symptoms begin, contact a healthcare provider immediately and isolate away from others. If you do not have access to a healthcare provider, dial 211 or 877-947-2211, or text your ZIP code to 898-211. 211 Wisconsin can provide free confidential support finding a healthcare provider near you.
- You can continue daily activities, like going to work or school, if you do not develop any symptoms of concern.





Use this form to record your temperature and symptoms every morning and every night. If symptoms begin, contact a doctor immediately and isolate away from others.

**Day 1**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 5**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 2**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 6**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 3**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 7**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 4**

Symptoms	Temp
Morning	Morning
Evening	Evening

**If symptoms begin, contact a doctor immediately and isolate away from others. For support finding health care near you, dial 211**





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**Day 8**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 12**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 9**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 13**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 10**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 14**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 11**

Symptoms	Temp
Morning	Morning
Evening	Evening

**If symptoms begin, contact a doctor immediately and isolate away from others. For support finding health care near you, dial 211.**





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**Day 15**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 19**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 16**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 20**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 17**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 21**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Day 18**

Symptoms	Temp
Morning	Morning
Evening	Evening

**Your monitoring period for mpox is now over.**

