Monkeypox (MPV) Exposure Guidelines

7/28/2022

Whatcom County Health Department Communicable Disease & Epidemiology

People who are exposed to Monkeypox (MPV) should contact their health care provider and/or the Whatcom County Health Department to go over exposure and risk information, including if they should be vaccinated.

Symptoms to watch for:

- **Painful rashes, sores, or blisters** occur in nearly all people infected with the monkeypox virus.
- **They can appear anywhere on the body.** (genital & anal region, face, arms/legs, chest/back)

Some may also experience Flu-like symptoms, such as:

- **Fever**
  - A body temperature above 100.4°F (38°C).
  - Take your temperature twice a day
- **Chills**
- **Lymph node swelling**
  - (the bean-shaped glands found in the neck, armpits, groin, and abdomen).

If symptoms develop:

- Immediately self-isolate and contact the Whatcom County Health Department for guidance. See contact information below.

How long should I watch for symptoms?

Watch for symptoms for **21 days** after the last exposure.

Do I need to stay away from others?

- If you remain without symptoms, you can continue routine daily activities (e.g., go to work, school).
- If you are under symptom surveillance, **you should not donate blood, body tissues, or fluids.**

Contact information

Communicable Disease & Epidemiology
Email: CommunicableDisease@whatcomcounty.us
360-778-6100 Main call line
360-715-2588 After hours answering service – available after 4:30pm and weekends