



Guidance for People Who Have Been Exposed to Mpox

This guidance is for people who have come in close contact with mpox. It is important to follow this guidance to protect yourself and reduce the spread of mpox.

How does Mpox spread?

Mpox can spread to another person through close, skin-to-skin contact with the lesions, rashes, scabs, or body fluids of a person with mpox. It can spread through prolonged, face-to-face exposure to the respiratory droplets of a person with mpox. It can also spread by touching objects, surfaces, and fabrics (e.g., clothing, bedding, and towels) that have been used by someone with mpox and have yet to be cleaned. A person with mpox is considered infectious to others as soon as their symptoms begin and remains infectious until all skin lesions have healed, any scabs have fallen off, and a new layer of skin has formed. This typically takes 2-4 weeks. Objects, surfaces, and fabrics may remain contaminated until they are properly cleaned and disinfected.

What should I do if I have been exposed to someone with Mpox?

Monitor your health. Symptoms usually start 7-14 days (and sometimes up to 21 days) after exposure. If you develop symptoms (see below), contact your healthcare provider and be prepared to isolate at home and away from others.

Get vaccinated, if you were exposed to someone with confirmed mpox and you are not experiencing any symptoms. We recommend getting vaccinated as soon as possible after exposure. Vaccination within 4 days (but up to 14 days after) exposure can help prevent mpox infection or significantly decrease the severity of the infection, should you contract mpox. The mpox vaccine, JYNNEOS, is a two-dose vaccine. A second dose should be administered 4 weeks after you receive your first dose.

Since vaccine supply remains limited, those who have a known high- or intermediate-risk exposure to a known mpox case and those who are at higher risk of exposure are being prioritized. The Long Beach Health Department is working to trace the contacts of every mpox case. All individuals identified as having had a high- or intermediate-risk exposure will be contacted by the Health Department and offered the mpox vaccine. Please answer all calls from the Health Department. We assure you that all sensitive health information is completely protected and will be kept confidential in compliance with HIPAA Regulations.

If you meet the eligibility criteria, you can get vaccinated against mpox at our Long Beach City College Pacific Coast Campus clinic on the corner of Orange Avenue and Pacific Coast Highway. While appointments are not required, they are encouraged. You can make an appointment by visiting <http://myturn.ca.gov>. The clinic is open Tuesday through Friday from 10 a.m. to 1 p.m. and 4 p.m. to 7 p.m. and on Saturdays from 10 a.m. to 1 p.m.



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What are the signs and symptoms I should look out for?

The most common symptom of mpox is a rash.

- A mpox rash often goes through several stages before it heals. It may, at various points, look like flat red spots, bumps, pimples, blisters filled with fluid or pus, or scabs.
- A mpox rash may be limited to one area or spread across the body. It is also possible to only have a few isolated bumps or blisters. These lesions and rashes can occur on or near the genitals (e.g., penis, testicles, labia, and vagina), anus (butthole), mouth, face, chest, hands, or feet.
- Rashes may also be painful and/or itchy, particularly those located inside the mouth or anus.

Flu-like symptoms are also common. These symptoms likely precede the rash by 1 to 4 days or occur alongside the rash for 1 to 4 days. They include fever, chills, muscle aches, headache, exhaustion, and swollen lymph nodes.

Do I have to avoid any activities?

If you do not have any signs or symptoms of mpox (see above), you do not need to quarantine from others. You may continue your daily activities (e.g., going to work and school). Please do not, however, donate blood, cells, semen, tissue, organs, or breast milk for a period of 21 days after your last exposure.

What should I do if I develop signs or symptoms of Mpox?

If you start to develop any signs or symptoms and think you may have mpox, please call your healthcare provider. Your health care provider will evaluate you and, based on their evaluation, swab your rash for testing. No home testing is currently available for mpox. If you do not have a healthcare provider, please contact the City of Long Beach's public health information line at (562) 570-7907 for assistance.

What should I do if I am diagnosed with Mpox?

If you have been diagnosed with or are suspected of having mpox, you are advised to isolate at home and away from others. If you are experiencing homelessness, please contact (562) 570-4302.

Isolation instructions for people with mpox can refer to [Isolation Instructions for People with Mpox](#). If you're diagnosed with mpox, it is also critical that you contact all individuals with whom you had close, intimate, and/or prolonged contact since your symptoms started as soon as possible.

For more information:

Call your health care provider for any questions related to your health. If you do not have a health care provider or if you have any questions regarding this guidance, call 562.570.7907 or visit our website

www.longbeach.gov/mpox