

Monkeypox

Symptom Monitoring

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

Monkeypox 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 monkeypox, 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 monkeypox, 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)

- 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.

Some people develop a rash without other symptoms. Symptoms usually start 4-14 days after exposure to the virus.





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

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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

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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 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 monkeypox is now over.

