



Monkeypox: contact information sheet for category 2 contacts



Easy read information

Important information for you



You have been given this guidance because you have been in contact with someone who has the monkeypox virus.

The risk of you catching monkeypox is very low.

But if you have been in contact with someone who has monkeypox then you might still get infected.



To help stop the virus from spreading you should report any symptoms straight away.



Your symptoms may not start until **21 days** after you had contact with someone who has monkeypox.



If you get any symptoms of monkeypox you should:

- call NHS 111 or
- contact your sexual health clinic
www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic



They can give you advice and check to see if you have monkeypox. This is called having an **assessment**.

What is monkeypox



Not many people get monkeypox.

It is caused by the monkeypox virus.

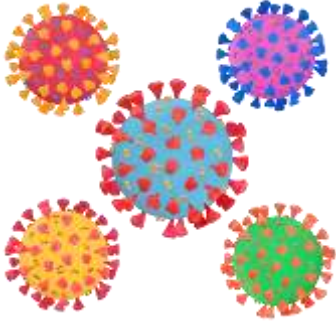
There have been some monkeypox cases in the UK and in other places in the world.



The main ways to catch monkeypox are:

- touching someone's blisters or scabs, including during sex, kissing, cuddling or holding hands
- being close to someone with monkeypox when they are coughing or sneezing
- sharing things like bed sheets and towels





Most people who have monkeypox do not get very poorly. They usually get better without treatment.

But some people can get more poorly from monkeypox.

For example:



- young children
- people who are pregnant
- people who are already poorly with something else and can't fight a virus

What you should do



You should follow this guidance for **21 days** after you have been in contact with someone who has monkeypox.

This will help to keep you, your family and other people safe.



- Call **NHS 111** or your [sexual health clinic](#) if you have a high temperature or any of the other monkeypox symptoms (see list of symptoms in the next section).



- **Do not** have sex or other close contact where there will be skin to skin contact with other people.



- You shouldn't travel out of the country during this time. Your travel insurance might not cover you if you have been told not to travel for 21 days.



- If you need to see a doctor or dentist, get in touch with them before you go.

Let them know you have been in contact with someone who has monkeypox.

Symptoms of monkeypox



The first symptoms of monkeypox include:

- a high temperature
- feeling very tired
- feel sore, like a headache, muscle aches or a sore back
- **swollen glands** – these are in your neck, groin and under your arms
- feeling like you are cold





In the 5 days after you first become poorly you might then get a rash on your face, groin or hands. The rash can turn into blisters filled with fluid.



The blisters will turn into scabs as they heal up. The scabs will drop off after some time.



Someone who has monkeypox, can give it to other people as soon as they start feeling poorly.

They could give it to other people until their scabs drop off and there is new skin underneath. This can take a few weeks to happen.

What to do if you become ill in the 21 days after you had contact with someone who has monkeypox



If you have symptoms of monkeypox it is important that you let NHS 111 or your sexual health clinic know. You should report your symptoms:

- even if your symptoms are mild
- even if you only have 1 or 2 spots



You can be infectious to other people as soon as you have any symptoms of monkeypox.

Reporting your symptoms can help to keep other people safe, including your friends and family.



If you have a temperature over 38 degrees, or any other symptoms of monkeypox:

- call NHS 111 or your [sexual health clinic](#)
- let them know you have been in contact with someone who has monkeypox
- they will give you an assessment so that you can have a test for monkeypox



Do not go to a clinic without checking if it is OK to do this.



You should stay at home and away from other people while you are waiting for your assessment or your test results.

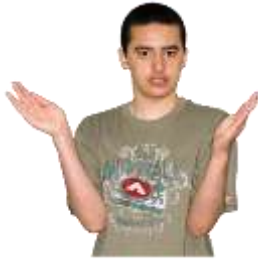
Do not go out to school, work or a place where other people might be.

There is more information about how to stay at home and away from other people below.

If your test result is **negative**, then you can stop isolating at home.



But if you get any symptoms of monkeypox you should isolate again and call NHS 111 or your sexual health clinic so that you can have another assessment.



If your test result is **negative**, but your symptoms do not get better, then you should call your GP or NHS 111.

You might have a different virus or infection that should be checked.



Most people do not get poorly from monkeypox. They usually get better without treatment within a few weeks.

Smallpox vaccine



The monkeypox virus is like the smallpox virus.

If you have been in close contact with someone who has monkeypox, you may be offered a vaccine for **smallpox**.



The vaccine is not 100% effective and so if you do catch monkeypox, you may still have symptoms, but not as badly.

Even if you have had the vaccine, you should still report any symptoms to NHS 111 or your sexual health clinic, as you could still pass monkeypox on to other people.

How to stay at home and away from other people if you have symptoms of monkeypox



If you have any symptoms of monkeypox, you should

Stay at home – do not go out to school, work or a place where other people might be.



You might be able to get money to support you if you can't work.

www.gov.uk/browse/benefits/unable-to-work



Limit close contact with people in your home – sleep in a room on your own if you can.



Do not have sex or other very close contact with anyone.



It is important to avoid close contact with:

- young children
- people who are pregnant
- anyone who has a weak immune system



Do not share bedding, towels, wash cloths, toothbrushes, or razors.

Do not share food and drinks or cups, cutlery and dishes.

Do not invite anyone to your home or have visitors – this includes friends and family.



You should only go out of your home for:

- an emergency
- an urgent medical appointment
- something urgent to do with your health
- to stay safe or for your wellbeing

If you do need to travel for something important, then try and get there on your own.



If you can't do this, then someone in your home can take you.

They should not do this if they:

- are pregnant
- have a weak immune system



You should wear a mask with 2 layers or a surgical mask in the car.



If you can't get there on your own, or with someone else in a car, you can use public transport.

You should:

- avoid busy times
- cover any blisters that you have with clothing (for example wearing a long-sleeved top and full-length trousers, or with scarfs and bandages if your blisters aren't covered by your clothes)
- wear a mask with 2 layers or a surgical mask



Follow the advice in this leaflet to keep you and other people safe.

If you are diagnosed with monkeypox, please also follow the guidance about [isolating safely at home](#).

More information about monkeypox

UKHSA webpage:

www.gov.uk/guidance/monkeypox



WHO factsheet:

www.who.int/news-room/factsheets/detail/monkeypox

Useful links to get support

Find a sexual health clinic:

www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic

Financial support:

www.gov.uk/browse/benefits/unable-to-work

Guidance for people who have monkeypox who are isolating at home:

www.gov.uk/guidance/guidance-for-people-with-monkeypox-infection-who-are-isolating-at-home