# **Mpox: Q&A for Close Contacts Health**











## How often should I take my temperature?

Check for fever twice per day (morning and evening).

#### What symptoms should I look for?

- Fever ≥100.4°F
- Chills
- New swollen lymph nodes (around the neck, armpit, or groin)
- New skin rash

#### What should I do if fever or rash develop?

Immediately self-isolate and contact your local health department.

### What should I do if only chills or swollen lymph nodes develop?

- Self-isolate for 24-hours and monitor temperature.
- If fever or rash develop, immediately contact your local health department.
- If fever or rash do not develop, but chills or swollen lymph nodes persist, contact a healthcare provider.