**ISOLATE**

Isolate away from people and pets until all signs and symptoms of MPX illness have fully resolved, typically about two to four weeks.

- Cover the rash to limit spread to others.
- Wear a well-fitting mask around other people until the rash and all other symptoms have resolved.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.
- Avoid sharing utensils or cups. Items should be cleaned and disinfected before use by others.
- Disinfect or wash items that have been worn or handled and surfaces that have been touched by a lesion.
- Get plenty of rest to allow your body to heal.

If you must interact with others, wear a well-fitting mask to prevent the spread of oral and respiratory droplets and cover any rash/lesions. Try to coordinate with friends or family to help with food or pets while in isolation.

**TREAT**

It is important to take care of yourself and seek treatment, if needed.

For information on Tecovirimat (TPOXX) or for a Supportive Home Care Guide, visit rivcoph.org/mpx/Treatment

**RESOURCES**

**Financial Assistance**
State of CA EDD: [edd.ca.gov](http://edd.ca.gov)
Salvation Army: [salvationarmyusa.org](http://salvationarmyusa.org)

**Food Assistance & Delivery**
Feeding America: [feedingamerica.org/need-help-find-food](http://feedingamerica.org/need-help-find-food)
Food Now: [thefamilyservicesofthedesert.org](http://thefamilyservicesofthedesert.org)

**Mental Health**
Mental Health is Health: [mentalhealthsishealth.us](http://mentalhealthsishealth.us)
Active Minds [activeminds.org](http://activeminds.org)

**Medical Care:**
Contact your primary care provider. If you do not have a primary care provider, please contact a RUHS Community Health Center: [rivco-familycarecenters.org](http://rivco-familycarecenters.org)

**2-1-1:** [211unitedway.org](http://211unitedway.org)

Monitor your symptoms and contact your doctor if you have any questions. You can also email mpx@ruhealth.org or call (951) 358-5107 for more information.

**INFORM**

It’s important to notify your local health department and inform your close contacts that they may have been exposed.

**Close contacts:** people living in the same household; people having direct physical contact, including sexual contact with skin rash/lesions and/or bodily fluids; or shared bedding or objects.