CDC | Centers for Disease Control and Prevention

Notifying Close Contacts

Updated August 11, 2022

It's important to **notify your close contacts** that they may have been exposed to monkeypox as soon as possible, so they can watch for signs and symptoms, get tested and isolate if they have symptoms, and consider getting vaccinated. By letting your close contacts know they may have been exposed to monkeypox, you are helping to protect them and everyone around them.

If you are unable to notify your close contacts yourself, your local health department may be able to help. They may be able to notify your close contacts for you without disclosing your information.

Who Are Your Close Contacts?

Determine if someone is considered a close contact. A close contact is anyone, since the start of your monkeypox symptoms you:

- Have had sex with; this includes oral, anal, and vaginal sex.
- Have hugged, cuddled, or kissed.
- Shared cups, utensils, towels, clothing, bedding, blankets, or other objects and materials with.
- Have touched or who came in contact with the rash on your body.

Make a List of Close Contacts to Notify

Think about:

- Who are your sex partners?
- Who lives with you (including family members, roommates, or overnight guests)?
- Who have you recently played sports with where you had direct skin-to-skin contact?
- Who have you recently had direct skin-to-skin contact with? Consider the following:
  - In-person meetings or gatherings you attended
  - People you have met with recently (i.e., for a home visit, at a restaurant, for drinks, for dancing, for exercise, or for a party)
  - Appointments with health care providers, including dentists
  - People who have provided you services, such as childcare providers, house cleaners, barbers, hairdressers, nail salon workers, massage therapists, adult care workers, etc.
  - People you work or volunteer with outside of the home.

Tips on What to Say

An example of what you can say to your close contacts could be:

"Hi. I need to talk to you about something important, do you have a few minutes to talk privately? I was diagnosed with monkeypox (or tested positive) on [xxx date]. Monkeypox can be transmitted through close or intimate contact. Since we spent time together on [xxx date], I wanted to let you know so you can follow CDC recommendations or contact the health

spent time together on [xxx date], I wanted to let you know so you can follow CDC recommendations or contact the health department for more information. CDC says people should check for symptoms, get tested ASAP if you have symptoms, isolate away from others if you have symptoms or test positive, and see a healthcare provider if your symptoms are severe. They have more information on their website, as well at www.cdc.gov/monkeypox."