
 Feidhmeannacht na Seirbhíse Sláinte Health Service Executive	Daily Mpox Category 3 Contact Monitoring Form	
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Your Name: _____ **DoB:** _____

Address: _____

GP/Health Provider Phone Number:

You have been identified as a close contact of a case of mpox. You have been placed under passive surveillance by the Medical Officer of Health for 21 days since your last contact with the case. Passive surveillance means that you should monitor yourself and how you are feeling, and if you develop any symptoms, you should immediately self-isolate, leave work, inform your GP/health provider and abstain from all sexual contact

Being under passive surveillance can feel intrusive. However, to ensure you do not pass any infection on to others, it is extremely important that you

- follow the directions for passive surveillance, for 21 days.
- ensure you [wash your hands](#) frequently and practice [respiratory etiquette](#).
- abstain from sexual contact for the period of your monitoring

Travel outside your area of residence should be restricted.

You can attend work as usual and undertake normal social activities. However, it is important that for the 21 days following your contact with the case, you monitor yourself for the early symptoms of mpox.

Please use this form to record your temperature twice daily (when you get up in the morning and during the evening before you go to bed) using a digital thermometer, and to record any symptoms you develop during this period. If you feel unwell at any time, please take your temperature. Make sure to take your temperature in your mouth (and not under your arm). Follow the manufacturer's instructions on use. Leave at least 20 minutes between taking exercise or consuming warm or cold drinks or food, and checking your

temperature. If you feel unwell in any way, please check your temperature. **If you develop symptoms, you should exclude yourself from work, self-isolate and call your GP/health provider immediately. You should also abstain from any sexual contact. Whenever you call your GP/health provider make sure to tell them you are a mpox contact.**

If you develop a fever or any of the symptoms below, you should call your GP/health provider. If you are feeling very unwell then you should seek medical attention.

In the case of an emergency call 112/999 and advise them that you have had contact with a case of mpox.

The symptoms to look out for are:

- A **fever** (temperature) of 38.5⁰C or higher
- **Chills** (if you begin to shiver, especially if you have a temperature)
- **Headache** (especially one that will not ease off with simple painkillers)
- **Exhaustion** (a feeling of having no energy, with tiredness and heavy limbs)
- **Swollen glands** (tender lumps appearing behind your ears, around your neck and throat, or under your arms)
- **Cough/Sore Throat**
- **Backache**
- **Muscle ache**
- **Rash** (the rash of mpox starts out on the face as raised red spots that quickly develop into little blisters - it can occasionally begin in and around the mouth). If you develop any rash at all, call your GP/health provider straightaway.
- **Any other symptoms** that you are not sure about.

Remember that mpox is quite a hard disease to catch, and it is not commonly passed on, so this is just a precautionary measure.

Daily Log – for completion every day¹

Day	Day/Date	Temperature AM	Temperature PM	Other Symptoms ² Y/N (describe)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				

¹ If you had last contact with the case on a Saturday, and today is Wednesday, today is 4 days after last contact, so today is Day 4 - begin recording your temperature in the Day 4 line.

² If you develop any of the symptoms mentioned on this form, call your GP/health provider immediately