



Home Isolation Instructions for People with Monkeypox Infection

The following instructions are for people who have monkeypox but do not require hospitalization and may be isolated at home using protective measures.

Duration of isolation

For individuals with monkeypox, isolation precautions should be continued until all lesions have resolved, the scabs have fallen off, and a fresh layer of intact skin has formed.

The monkeypox virus can spread through contact with body fluids, monkeypox sores, items that have been contaminated with fluids or sores (clothing, bedding, etc.), or through respiratory droplets following prolonged face-to-face contact.

Isolation

- Do not be close to or in physical contact with other people
- Isolate in a room or area separate from other family members, roommates, and pets.
- Do not leave the home except for follow-up medical care.
- Do not allow non-essential home visits.
- Avoid contact with animals, including pets as some animals can get monkeypox. Other household members should care for pets when possible.

PROTECTING OTHERS

Follow the steps below to help prevent the disease from spreading to people in your home and your community.

Use of Personal Protective Equipment

- Persons with monkeypox should wear a surgical mask, especially those who have respiratory symptoms (e.g., cough, shortness of breath, sore throat). If this is not possible (e.g., a child with monkeypox), other household members should consider wearing a surgical mask when they are around the person with monkeypox.
- Disposable gloves should be worn for direct contact with lesions and disposed of after use.
- Skin lesions should be covered to the best extent possible (e.g., long sleeves, long pants) to minimize risk of contact with others.
- Others should avoid direct contact with contaminated waste (e.g., dressings and bandages).

Hand Hygiene and Cleaning

- Wash your hands often and thoroughly with soap and water or use of an alcohol-based hand rub. Infected persons and household contacts should perform hand hygiene after touching lesion material, clothing, linens, or environmental surfaces that may have had contact with lesion material.



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- Laundry (e.g., bedding, towels, clothing) may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary. Soiled laundry should not be shaken or otherwise handled in a manner that may disperse infectious particles.
- Do not share dishes and other eating utensils. It is not necessary for the infected person to use separate utensils if properly washed. Dishes and eating utensils should be washed in a dishwasher or by hand with warm water and soap.
- Contaminated surfaces should be cleaned and disinfected. Standard household cleaning/disinfectants may be used, follow all manufacturer directions for use.

What should I do if I have additional questions?

Visit the Public Health website ph.lacounty.gov/media/Monkeypox.htm for more information. If you need help finding healthcare, call the Los Angeles County Information line 2-1-1, which is also available 24/7.