

## Home Isolation Instructions for People with Suspected or Confirmed Monkeypox Infection

The following instructions will help people with suspected (waiting for a test result) or confirmed (positive test result) monkeypox infection get better at home while protecting their family, friends, and others in the community from getting monkeypox.

People can spread monkeypox (are contagious) from the time symptoms start until all the symptoms are gone (no more cold-like symptoms and the rash and bumps have crusted and fallen off, with completely healed skin underneath).

Monkeypox spreads through direct contact with the rash. Touching items that have touched the rash, such as clothing and bedding, can also spread it. It may also be spread by droplets from the nose and mouth.

The best way to prevent spreading monkeypox to others is to stay at home and away from others for the entire contagious period. This whole process can take two to four weeks. If a person cannot isolate at home for this entire time, the following steps should be followed:

- **Stay** away from people or animals who also live in the home
- **Keep** the time spent outside the home as brief as possible
- **Cover** all parts of the rash with clothing (long sleeves, long pants), gloves, or bandages when leaving the home
- **Wear** a well-fitting mask over the nose and mouth and avoid using public transportation such as buses and trains
- **Ask** friends and family to help with groceries or use delivery services. Items should be left outside the home and no one should enter the home who does not live there
- **Wash** hands regularly with soap and water or hand sanitizer, especially after touching the rash
- **Avoid** sharing items until they have been cleaned, laundered, or disinfected. Use a separate bathroom from others if possible. If not possible, follow these [cleaning instructions](#)
- **Put** used bandages, gloves, tissues, etc. in a plastic bag and tie shut. Wear gloves and place bag in the regular trash
- **Avoid** close physical contact, including hugging, massaging, kissing and sex, and avoid touching any areas where the rash is present as much as possible



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