

Monkeypox

Information for Cases and Suspect Cases

Information taken from the Centers for Disease Control and Prevention website 08/04/22

You have been tested for monkeypox. Your results will be kept private and your personal information will not be shared. Your local health authority or healthcare provider will contact you with your results. Until you receive your results, please stay home and try to stay away from others in your home including pets.

If you test positive:

Stay home, away from others for the duration of illness, which is from the time symptoms start until all symptoms have resolved and a fresh new layer of skin has formed over the rash. This typically lasts two to four weeks. Most patients have mild illness and require no treatment.

Until all signs and symptoms of illness have resolved:

- Avoid touching your eyes, this includes wearing contact lenses.
- Do not share items that have been worn or handled with other people or animals.
- Wash or disinfect items that have been or handled and surfaces that have been touched by a lesion.
- Avoid close physical contact, including sexual and/or close intimate contact, with other people.
- Avoid sharing utensils or cups.
- Avoid crowds and congregate settings.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.

If you are unable to remain fully isolated throughout the illness, do the following

- While experiencing symptoms such as a fever or respiratory symptoms (including sore throat, nasal congestion, or cough) remain isolated in the home and away from others unless it is necessary to see a healthcare provider or for an emergency.
- If you still have a rash
 - Cover all parts of the rash with clothing, gloves, and/or bandages.
 - Avoid scratching your skin.
 - Avoid direct skin-to-skin contact, including sexual and/or close intimate contact.
- Wear a well fitted mask to prevent the spread of respiratory secretions when interacting with others until rash and other symptoms have resolved.

People with monkeypox should avoid contact with animals including pets, domestic animals, and wildlife to prevent spreading the virus. Pets that had close contact with a symptomatic person with monkeypox should be kept at home and away from other animals and people for 21 days after the most recent contact.

Cleaning and Disinfecting:

After your isolation period ends, conduct a thorough disinfection of all the spaces within your home that you were in. Follow the steps below to minimize risk of infection to others in your home after recovery:

- Focus on disinfecting items and surfaces that were in direct contact with your skin or frequently touched by you.
- Do not dry dust or sweep as this may spread infectious particles.
 - Wet cleaning methods are preferred such as disinfectant wipes, sprays, and mopping.
 - Vacuuming is acceptable using a vacuum with a high-efficiency air filter.
- Do not shake dirty laundry. Wash laundry with detergent, following the label instructions. Laundry sanitizers may be used but are not required.
- Routinely clean and disinfect commonly touched surfaces and items (such as counters or light switches) using an EPA-registered disinfectant.
 - <https://www.epa.gov/pesticide-registration/disinfectants-emerging-viral-pathogens-evps-list-g>
- Wash soiled dishes and eating utensils in a dishwasher with detergent and hot water or by hand with hot water and dish soap.

About Monkeypox

What is it?

Monkeypox is a rare disease caused by an infection with the monkeypox virus. It is in the same family of viruses as the virus that causes smallpox. The symptoms of monkeypox are similar small pox but are typically more mild. Monkeypox is rarely fatal.

How does it spread?

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions.

A person with monkeypox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.

What are the symptoms?

Symptoms can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (sore throat, nasal congestion, cough)
- Rash, may be located on or near the genitals or anus but could also be on other areas like the hands, feet, chest, face, or mouth. The rash will go through several stages, including scabs, before healing. The rash can look like pimples or blisters and may be painful or itchy.

For more information on Monkeypox visit www.cdc.gov/poxvirus/monkeypox/index.html

