

If you have been diagnosed with monkeypox, follow the steps below:

Isolate Yourself

- Isolate at home using protective measures.
 - Do not leave your home until fully recovered (and your rash/lesions have completely healed) unless follow-up or medical care visits are necessary. If you must seek medical care, wear a surgical mask.
 - If you must leave your home for any reason, wear a surgical mask while outside of your home.
 - Avoid contact with household members, other people, and pets.
- Cover skin lesions as best as you can. Wear long sleeves and long pants to avoid contact with surfaces or other people.
- Wear a surgical mask, especially if you are experiencing cough, shortness of breath, or sore throat.
 - If wearing a mask is not possible (e.g., if a young child has monkeypox), the other household members should wear a surgical mask when in the presence of the infected person.

Practice Healthy Habits

- Wash your hands well after touching lesions (or any items or surfaces that have come in contact with lesion material).
- Do not share items (like dishes, utensils, electronics, clothes, laundry, bedding) with others.
- Wash clothing, bedding, towels, in a standard washing machine with warm water and detergent (bleach can be used but is not necessary).
- Use care when handling dirty laundry. Wear disposable gloves and wash your hands well after contact.
- Use standard household cleaners/disinfectants to clean any surfaces that may have come in contact with lesions. Follow the directions on the cleaning products for effective use.

Inform Your Close Contacts

- Notify anyone you were in close contact with while you've been sick with any symptoms that they were potentially exposed to monkeypox. They should monitor themselves for a fever or rash for 21 days following their exposure to you.

Communicate with Public Health

- After your diagnosis, you will receive a call from public health; they will ask about your activities before and after you became ill.

Returning to Regular Activities

- Continue to isolate until all lesions have resolved and a fresh layer of skin has formed.
- Avoid close contact with immunocompromised persons until all crusts are gone, even after you are no longer isolated.

Learn More

Centers for Disease Control and Prevention: www.cdc.gov/poxvirus/monkeypox