

HOW TO ISOLATE WITH MPX (MONKEYPOX)

If you begin to show symptoms of infection, follow the recommendations below to get help and prevent the spread.



ISOLATE

Isolate away from people and pets until all signs and symptoms of MPX illness have fully resolved, typically about two to four weeks.

- Cover the rash to limit spread to others.
- Wear a well-fitting mask around other people until the rash and all other symptoms have resolved.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.
- Avoid sharing utensils or cups. Items should be cleaned and disinfected before use by others.
- Disinfect or wash items that have been worn or handled and surfaces that have been touched by a lesion.
- Get plenty of rest to allow your body to heal.

If you must interact with others, wear a well-fitting mask to prevent the spread of oral and respiratory droplets and cover any rash/lesions. Try to coordinate with friends or family to help with food or pets while in isolation.



INFORM

It's important to notify your local health department and inform your close contacts that they may have been exposed.

Close contacts: people living in the same household; people having direct physical contact, including sexual contact with skin rash/lesions and/or bodily fluids; or shared bedding or objects.



TREAT

It is important to take care of yourself and seek treatment, if needed.

For information on Tecovirimat (TPOXX) or for a Supportive Home Care Guide, visit rivcoph.org/mpx/Treatment

RESOURCES

Financial Assistance

State of CA EDD:

edd.ca.gov

Salvation Army:

salvationarmyusa.org

Food Assistance & Delivery

Feeding America:

feedingamerica.org/need-help-find-food

Food Now:

thefamilyservicesofthedesert.org

Mental Health

Mental Health is Health:

mentalhealthishealth.us

Active Minds

activeminds.org

Medical Care:

Contact your primary care provider.

If you do not have a primary care provider, please contact a

RUHS Community Health Center:

rivco-familycarecenters.org

2-1-1:

211unitedway.org

Monitor your symptoms and contact your doctor if you have any questions. You can also email mpx@ruhealth.org or call (951) 358-5107 for more information.

