MONKEYPOX
HOME ISOLATION INSTRUCTIONS

Current data suggest people can spread monkeypox from the time symptoms start until all symptoms have resolved. Illness, typically lasts two to four weeks. It is important that you remain in isolation during this time. However, if you are unable to remain fully isolated throughout the illness, it is important to follow the instructions listed below.

- While symptomatic with a fever or any 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. This includes avoiding close or physical contact with other people and animals.

- Cover the lesions, wear a well-fitting mask (more information below), and avoid public transportation when leaving the home as required for medical care or an emergency.

- While a rash persists but in the absence of a fever or respiratory symptoms, cover all parts of the rash with clothing, gloves, and/or bandages.

- Wear a well-fitting mask to prevent spreading oral and respiratory secretions when interacting with others until the rash and all other symptoms have resolved. Mask should be comfortable when properly worn over the nose and mouth.

- Until all signs and symptoms of monkeypox illness have fully resolved:

    o Do not share items that have been worn or handled with other people or animals.

    o Launder or disinfect items that have been worn or handled and surfaces that have been touched by a lesion.

    o Avoid close physical contact, including sexual and/or close intimate contact, with other people.

    o Avoid sharing utensils or cups. Items should be cleaned and disinfected before use by others.

    o Avoid crowds and congregate settings.

    o Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.

- Please contact public health at 951-358-5107 if you are having trouble with housing, food or if other assistance is needed during your isolation.

Riverside University HEALTH SYSTEM Public Health