



## Monkeypox Home Isolation Guidance

07/06/2022

If you have tested positive for monkeypox virus or if a healthcare provider or public health official has told you that monkeypox is suspected, you must follow the home isolation instructions below in order to help prevent the disease from spreading to other people in your household and community.

### Isolation Instructions

**People with monkeypox should isolate until the rash has fully resolved, the scabs have fallen off, and a fresh layer of intact skin has formed. You must isolate until a physician in collaboration with public health has determined that you are no longer contagious.**

#### During your isolation period:

- **Stay home except to get medical care**
  - Do not go outside your home unless you need medical care or in the event of an emergency, such as a fire. Do not go to work, school, or public areas, and do not use public transportation, Uber/Lyft, or taxis.
  - If you feel ill and need medical care during your isolation period and it is not a medical emergency, please:
    - Contact DPH at 1-866-PUB-HLTH so public health can help to provide guidance for seeking care in a non-emergency situation. Public health may be able to help you identify a provider if you do not have one or help you to find telehealth care if an in-person visit is not required.
    - If you cannot wait or feel that you should see your provider in person, please contact your provider prior to arriving at the office to inform them that you have monkeypox and need care so that they can take appropriate precautions to protect staff and other patients. If it is not an emergency, you should also contact DPH at 1-866-PUB-HLTH to make public health aware of your visit during your isolation period.
  - If you have a medical emergency, please call 911, but make sure to inform them that you have or may have monkeypox and need emergency medical care. Please follow up the 911 call with a call to DPH (1-866-PUB-HLTH) so we can provide guidance to 911 responders as necessary about health considerations during your care.
- **Separate yourself from other people in your home as much as possible**
  - You should stay separated from other people that live in your household as much as possible, especially if you have extensive lesions that cannot be easily covered, draining/weeping lesions, or respiratory symptoms (e.g., cough, sore throat, runny nose).

- You should stay alone in a separate bedroom from others and use a separate bathroom if possible. If it is not possible to use a separate bathroom, the bathroom should be disinfected after each use using the Disinfecting/Cleaning guidance below.
- Avoid sharing household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using items for eating and drinking, you should wash them thoroughly with soap and water. See below section for Disinfecting/Cleaning on how to appropriately clean laundry.
- No visitors should be allowed to visit your residence until a medical professional has confirmed you are no longer contagious.
- **If you must be in the same room as other people in your household**
  - Wear a well-fitting face mask
    - If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room and try to keep 6 feet or more apart from you.
  - Cover skin lesions
    - You should cover skin lesions to the best extent possible (e.g., long sleeves, long pants, gloves) to minimize risk of contact with others.
- **Appropriate hygiene**
  - Hand hygiene (i.e., hand washing with soap and water or use of an alcohol-based hand rub) should be performed by infected persons and household contacts after touching lesion material, clothing, linens, or surfaces that may have had contact with lesion material.
- **Separate yourself from animals in your home as much as possible**
  - Avoid contact with animals (specifically mammals), including pets.
    - If possible, friends or family members should care for healthy animals until the owner has fully recovered.
    - Keep any potentially infectious bandages, textiles (such as clothes, bedding) and other items away from pets, other domestic animals, and wildlife.
    - In general, any mammal may become infected with monkeypox. It is not thought that other animals such as reptiles, fish or birds can be infected.
  - If you notice an animal that had contact with an infected person appears sick (such as lethargy, lack of appetite, coughing, bloating, nasal or eye secretions or crust, fever, rash) contact the owner's veterinarian, state public health veterinarian, or state animal health official.

### **Disinfecting/Cleaning**

- Detailed guidance from CDC for household cleaning and disinfection of monkeypox virus can be found here: <https://www.cdc.gov/poxvirus/monkeypox/pdf/Monkeypox-Interim-Guidance-for-Household-Disinfection-508.pdf>

- Clean “high-touch” surfaces frequently (e.g., doorknobs, phones). Use an EPA-registered disinfectant with an emerging viral pathogens claim (see link to CDC guidance above). Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
  - If a person who does not have monkeypox is disinfecting areas where a person with monkeypox has been, they should wear disposable gloves, mask (N95 or better), goggles, gown and shoe coverings. When a disposable gown or coverall or shoe coverings are not available, standard clothing and shoes that fully cover the skin can be used. Clothing and shoes should be immediately removed after performing cleaning and disinfection and laundered according to recommendations below, and the individual should shower.
- Laundry (e.g., bedding, towels, clothing) may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
  - Care should be used when handling soiled laundry to avoid direct contact with contaminated material.
  - Soiled laundry should not be shaken or otherwise handled in a manner that may disperse infectious particles.
- The person with monkeypox should use a dedicated, lined trash can in the room where they are isolating. Contain and dispose of contaminated waste (such as dressings and bandages) as normal.
- Once out of isolation, a final disinfection of the living area you stayed in while contagious should be completed following the CDC guidelines.

### **Notifying Close Contacts**

If you have had close contact with someone since you developed symptoms of monkeypox, and you think they may have been exposed to the virus, let them know that they will be contacted by DPH about active monitoring for the 21 days following their last exposure. Until they hear from DPH, please instruct them to monitor their temperature twice daily. If symptoms (e.g., new skin rash, fever, chills, swollen lymph nodes) develop, they should immediately self-isolate and contact DPH at 1-866-PUB-HLTH for further guidance.

Information on monitoring and levels of exposure/risk levels can be found at <https://www.cdc.gov/poxvirus/monkeypox/clinicians/monitoring.html>

Additional guidance can be found at:

<https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html>

You can reach DPH by emailing [contactpublichealth@dph.ga.gov](mailto:contactpublichealth@dph.ga.gov) or calling 1-866-PUB-HLTH (1-866-782-4584)