

## Monkeypox Isolation Guide

### Is Home Isolation Appropriate

- The appropriateness of implementing isolation and infection control measures in a home setting is likely to vary depending on the following factors:
  - The presence of additional infected or uninfected people or pets in the home
    - The presence of young children (<8 years of age), people who are pregnant or immunocompromised, and individuals with a history of atopic dermatitis or eczema in the home who may be at increased risk for severe outcomes from monkeypox disease
    - The ability of the person with monkeypox and other people in the home to adhere to recommended precautions
    - People with monkeypox should isolate until rash has fully resolved, the scabs have fallen off, and a fresh layer of intact skin has formed.

### Recommended Isolation Procedures

- Do not leave the home except as required for emergencies or follow-up medical care.
- Friends, family, or others without an essential need to be in the home should not visit.
- Avoid close contact with others.
- Avoid close contact with pets in the home and other animals.
- Do not engage in sexual activity that involves direct physical contact.
- Do not share potentially contaminated items, such as bed linens, clothing, towels, wash cloths, drinking glasses or eating utensils.

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- Routinely clean and disinfect commonly touched surfaces and items, such as counters or light switches, using an [EPA-registered disinfectant](#) (such as [List Q](#)) in accordance with the manufacturer's instructions.
  - Wear well-fitting source control (e.g., medical mask) when in close contact with others at home.
  - Avoid use of contact lenses to prevent inadvertent infection of the eye.
  - Avoid shaving rash-covered areas of the body as this can lead to spread of the virus.

## Bathroom usage:

- If possible, use a separate bathroom if there are others who live in the same household.
- If there is not a separate bathroom in the home, the patient should clean and disinfect surfaces such as counters, toilet seats, faucets, using an EPA-registered disinfectant after using a shared space

## Limit Exposure to Others

- Avoid contact with unaffected individuals until the rash has resolved, the scabs have fallen off, and a fresh layer of intact skin has formed.
- Isolate in a room or area separate from other household members and pets when possible.
- Limit use of spaces, items, and food that are shared with other household members.
  - Do not share dishes and other eating utensils. It is not necessary for the infected person to use separate utensils if properly washed. Wash soiled dishes and eating utensils in a dishwasher or by hand with warm water and soap.

## Limit Contamination Within Household

- Try to avoid contaminating upholstered furniture and other porous materials that cannot be laundered by placing coversheets, waterproof mattress covers, blankets, or tarps over these surfaces.
- Additional precautions such as steam cleaning can be considered if there is concern about contamination.

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## Considerations For Isolating With Animals In The Home:

- People with monkeypox should 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.