

### 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.

#### Monitor Your Health

- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider that you have been diagnosed with monkeypox. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Wear a surgical mask when seeking healthcare.

#### 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](http://www.cdc.gov/poxvirus/monkeypox)