



Mpox (Monkeypox) Isolation, Infection Control, and Prevention Guidance

I. INTRODUCTION:

This document outlines how and when to isolate at home and precautions to take if you have mpox (monkeypox) or if you have mpox-like symptoms while waiting for test results. The goals of the guidance are to prevent spread of mpox and protect your loved ones. This includes guidance on:

- How to isolate at home
- Precautions to take when conducting limited, essential activities outside the home
- Return to work considerations

Guidance will be updated as additional information about the 2022 mpox outbreak becomes available.

II. HOW MPOX IS SPREAD

Mpox may be transmitted person-to-person by:

- Direct contact with rash, scabs, or body fluids from a person with mpox, including close intimate contact like sex or caregiving activities.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with mpox.
- Contact with respiratory secretions (e.g., the coughs and sneezes) of someone with mpox.

Direct skin-to-skin contact has been the most common route of transmission during the current outbreak of mpox. Mpox can spread from the time symptoms begin until all mpox lesions have completely healed and a new layer of skin has formed. Those infected with mpox typically begin to show symptoms within 7-14 days, and the illness typically lasts for 2-4 weeks.

III. WHEN TO ISOLATE AT HOME

If you are experiencing fever, chills, or respiratory symptoms (such as cough, nasal congestion, sore throat), you should isolate at home until these symptoms have resolved for at least 48 hours.

- Isolate alone in your home or in a separate room or area of your home away from other household members.
- Do not have non-essential visitors over.
- Do not leave your home unless you require medical attention or in case of emergency.
- **If you cannot isolate**, you should wear a respirator or well-fitting mask when around others (see below), keep all lesions covered by clothes, gloves, or bandages, and avoid direct, skin-to-skin contact.

If you have a rash without any fever, chills, or respiratory symptoms: If any fever, chills, or respiratory symptoms, have been resolved for at least 48 hours but you still have a rash, you no longer need to strictly isolate at home and can be around others while taking precautions, including:

- Avoid any skin-to-skin contact, especially sex or other intimate physical activities
- Fully cover all lesions with clothes, bandages, or gloves
- Wear a respirator or well-fitting face mask when around others
- Don't share any personal items, clothes, linens, or dishware
- Disinfect and launder shared spaces, surfaces, or items
- Avoid crowded spaces
- Frequently wash your hands with soap and water or alcohol-based hand sanitizer

IV. HOW TO PREVENT SPREAD OF MPOX AND PROTECT YOUR COMMUNITY

When you still have rash or lesions, but do not have symptoms for which home isolation is recommended (described above), you should still only do essential activities and be mindful of your social interactions too. For example, you can meet up with a friend, but keep a safe distance, avoid physical contact, and choose an outdoor location if possible. See the table below for examples of essential activities.

Examples of Essential Activities	Non-Essential Activities to Pause
<ul style="list-style-type: none">• Going to grocery store• Picking up medicines or other necessities	<ul style="list-style-type: none">• Attending crowded settings like bars or parties• Going to events with minimal clothing or potential skin-to-skin

<ul style="list-style-type: none"> • Going to work, as long as your work doesn't involve physical contact with others and you don't work in a high risk setting (see below section V) • Visiting your health care provider • Safe social interactions, like meeting up with a friend but keeping a safe distance 	<p>contact, such as raves, clubs, or bathhouses</p> <ul style="list-style-type: none"> • Visiting settings with shared/communal space, surfaces, or equipment, like gyms or saunas • Engaging in sexual and other intimate contact, including kissing • Working, if your job involves direct physical contact with people (see below section V)
---	--

Precautions to take around other people:

1. Avoid physical contact with others, especially skin-to-skin

- Avoid any physical or skin-to-skin contact and do not have oral, anal, or vaginal sex or other intimate physical contact with others, such as hugging, kissing, biting, cuddling, or massage.
 - *You can about additional safer sex practices from [CDC's Safer Sex, Social Gatherings, and Mpox](#)*
 - *Even after all symptoms and lesions have been resolved for at least 48 hours, it is still recommended you use condoms during sexual activity for 8 weeks while we continue to learn whether mpox can spread via semen even after all symptoms have resolved*
- Do not share a bed and use a separate bathroom if possible. If you can't use a separate bathroom, disinfect after each use (see below).
- Do not share bedding, towels, clothes, utensils, dishware, food, or other commonly shared items.
- Avoid contact, especially snuggling or kissing, with any pets or animals in the home. Restrict them from having direct contact with your lesions or with your contaminated waste, clothes, or bedding.
- Avoid activities that may spread viral particles in the air, such as dusting, vacuuming, sweeping, or shaking/waving dirty laundry.

2. Keep all skin lesions covered

- Cover lesions with clothing, gloves, or bandages. If your lesions cannot be covered by clothing, cover them with a piece of gauze and first aid tape. The bandage should allow airflow, but not fluids through.

- If you have lesions on your hands, consider wearing gloves.
- Avoid touching people and commonly used or shared items and surfaces with your lesions. This may include bedding, furniture, towels, clothing, door handles, utensils, countertops, sex toys, etc.
- Bandages covering lesions should only be changed or handled by the person with mpox. Consider wearing disposable gloves while doing so, and always wash your hands after finishing and appropriately disposing of gloves.
 - *If you need help while changing your bandages, the person helping should wear disposable gloves, long-sleeves, and a well-fitting mask or respirator.*
- Any clothing, towels, or other supplies used to cover lesions or during bandage changing or cleaning should be immediately disposed of or laundered.

3. Wear a respirator or well-fitting mask when around others

- When in the same room, everyone (both those infected and uninfected with mpox) should wear a well-fitting mask. Well-fitting masks include:
 - *Respirators, including N95s. For information about how to use N95 masks, see CDC's [How to Use Your N95 Respirator](#) guide.*
 - *Respirators that meet international standards including KN95 and KF94 respirators (these models provide less protection than N95 respirators if they do not seal tightly to the face).*
 - *If respirators are unavailable, use a well-fitting mask, such as ASTM F3502-21 face coverings or surgical (aka procedural) masks. Guidance on how to improve fit of these masks can be found via [CDC Guidance for Types of Masks and Respirators](#).*
- All respirators or face masks should be well-fitting, meaning the mask should be close to the face minimizing gaps along edges, but still be comfortable when worn. It is important to choose a face mask that fits well and comfortable to be worn consistently.
- When eating or drinking with a mask off, stay at least 6 feet away from others and consider eating in outdoor spaces when possible.
- If you are experiencing oral lesions or mouth sores, it is highly recommended you mask around others at all times.

4. Disinfect all commonly-touched or shared surfaces and items between uses

- Do not share, and regularly disinfect and clean all commonly-touched or shared surfaces and items after each use by the household member ill with mpox. This may include door handles, utensils, dishware, countertops, toilet seats, sex toys, etc

- *For additional information on how to best disinfect your home, see [CDC's Disinfecting the Home and Other Non-Healthcare Settings](#) guide.*
- All members of household should wash hands often with soap and water or with an alcohol-based hand sanitizer.
- If you share a bathroom with others or are using a public bathroom, be sure to disinfect the toilet seat, shower, countertops, sinks, and faucets after each use.
- Cleaning and disinfecting should be done by the person ill with mpox while wearing disposable gloves and a respirator or face mask. If you need help or if it must be done by someone else in the home, the person helping should wear disposable gloves, long sleeves, and a respirator or face mask.

5. Launder all items that have been worn or handled by the person ill with mpox

- Do not share any linens, and launder all potentially contaminated items frequently, including bedding, furniture covers, towels, clothes, etc.
- If furniture or cloth items cannot be easily laundered, avoid contaminating them by restricting your use of them, steam cleaning, or covering with blankets, furniture covers, or waterproof mattress covers.
- Laundry of contaminated items should be done by the person ill with mpox. If you need help or if it must be done entirely by someone else, the person helping should wear disposable gloves, long sleeves, and a respirator or face mask.
- When doing laundry, avoid shaking, waving, or unfurling linens as this may spread viral particles in the air.

6. Consider ventilating or airing-out your home if others are present

- Direct skin-to-skin contact with lesions or bodily fluids from a person with mpox is the primary way that mpox spreads person-to-person, but it can also rarely spread through respiratory droplets or secretions, such as saliva.
- When others are present, consider ventilating your home by opening windows, using fans, or air filters, to reduce risk of spread of mpox by respiratory secretions.
 - *You can learn more about ways to ventilate your home from [CDC's Improving Ventilation in Your Home](#) guide.*

7. Avoid crowded settings

- Avoid using public transit where possible. If you must use public transit, wear a mask and avoid physical contact with others as much as possible
- Avoid crowded spaces such as bars, clubs, concerts, parties, saunas, or bathhouses
- Avoid visiting congregate settings and other high-risk environments such as:

- Homeless shelters
- Employer provided-congregate housing
- Adult foster homes, Child & Adult Behavioral Health Facilities, Group homes, Residential Treatment Facilities
- Health care settings, including long-term care facilities
- State and local correctional facilities
- Childcare and preschool settings

V. RETURNING TO WORK

Telework is strongly recommended if it is an option, however you may return to in-person work if all of the below conditions are met:

- A. Any fever, chills, or respiratory symptoms (i.e., cough, sore throat, nasal congestion) have all been resolved for at least 48 hours. If you are still experiencing any fever, chills, or respiratory symptoms, it is important to isolate at home and avoid close contact with all others by following the guidelines outlined in section IV.
- B. You have had no new lesions develop in at least 48 hours
- C. All lesions can be fully covered by clothes, bandages, or gloves. If any lesions are unable to be covered, they must be fully healed with a new layer of skin
- D. You can follow all the precautions outlined above in section IV while at work
- E. Employment does not involve direct physical contact with others, such as massage, sex work, or some childcare settings
- F. Employment is not in a high-risk setting such as:
 - Health care settings, including long-term care facilities
 - Adult foster homes, Child & Adult Behavioral Health Facilities, Group homes, Residential Treatment Facilities
 - Homeless shelters
 - Agricultural settings (e.g., farms and dairies) or animal care settings (e.g. veterinary hospitals)
 - State and local correctional facilities
 - Childcare and preschool settings that require close physical contact with children for diaper changes, toilet assistance, feeding, etc
- G. Virtual work is not possible

If you do return to work, try to work in a separate area or at least stay 6 feet away from others and frequently disinfect your workspace and other shared spaces you use.

While at work, wear a respirator or well-fitting mask, keep all lesions covered, and avoid direct skin-to-skin contact.

VI. RESUMING NORMAL ACTIVITIES

Anyone with a confirmed illness of mpox or those with mpox symptoms awaiting test results should follow the above precautions **until**:

- All lesions have fully healed and a new layer of skin has formed over, **and**
- All other symptoms (i.e., fever, chills, or respiratory symptoms) have been resolved for at least 48 hours.

VII. ADDITIONAL RESOURCES

You can find more information on reducing the spread of mpox and protecting your loved ones here:

- [CDC's Isolation and Infection Control At Home](#)
- [CDC's Isolation and Prevention Practices for People with Mpox](#)
- [CDC's Considerations for Reducing Mpox Transmission in Congregate Living Settings](#)

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsosha.state.or.us