If you test positive for monkeypox you are required to:

- **Isolate** - stay home and avoid contact with others
- **Provide us with contact information for your close contacts so we can notify them confidentially and provide them instructions for self-monitoring**
- **Follow the steps below**

### ISOLATE
You must **stay home and separate yourself from others** until your home isolation ends.

- Stay away from household members.
- Do not go to work, school, or public areas.
- If you must leave your home to seek medical care, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver, leave the windows down, and wear a face covering or mask, if possible.
- Arrange for food and other necessities to be left at your door if you do not have anyone at home to help you. If you need to meet someone at your door, wear a face covering or mask.

### How long do I need to isolate?
If you were diagnosed with monkeypox by a health care provider and you have lesions, **you must isolate until all lesions have crusted, the crusts have separated, and a fresh layer of healthy skin has formed**. If you are unclear if you may end your isolation period, contact your Sacramento County Public Health nurse for guidance.

### Home Care
Here are steps that you should take while isolating at home:

- If you have extensive lesions that cannot be easily covered (excluding facial lesions), draining/weeping lesions, or respiratory symptoms (e.g., cough, sore throat, runny nose), you should be isolated in a room or area separate from other family members and pets when possible.
- Do not leave the home except as required for follow-up medical care.
- Unexposed persons who do not have an essential need to be in the home should not visit.
- Limit your contact with household members who are not ill.
- Avoid contact with animals, including pets. Other household members should care for pets when possible.
- Wear a disposable mask (surgical, KF94, KN95, or N95) if around household members, especially if you have respiratory symptoms (e.g., cough, shortness of breath, sore throat). If this is not feasible (e.g., a child with monkeypox), other household members should consider wearing a surgical mask when in the presence of the person with monkeypox.
- Wear disposable gloves for direct contact with lesions and dispose of after use.
• Skin lesions should be covered to the best extent possible (e.g., long sleeves, long pants) to minimize risk of contact with others.
• Contain and dispose of contaminated waste (such as dressings and bandages) in a sealed plastic bag.

Seeking Medical Care
Seek prompt medical care if your symptoms get worse, especially if you are 65 years and older, pregnant, or have health problems such as a chronic diseases or a weak immune system.

If it’s not urgent, call ahead before visiting your doctor, you may be able to get advice by phone. If you do visit a health care facility, put a face covering or mask on before you enter to protect others.

PROTECTING OTHERS
Follow the additional steps below to help prevent the disease from spreading to people in your home and your community.

Separate yourself from other people in your home
• Stay in a specific room and away from other people in your home as much as possible. It is particularly important to stay away from people who are at higher risk of serious illness. Consider alternate living arrangements for them if at all possible.
• Refrain from sexual activity and other intimate contact with others until your isolation period ends.
• Use a separate bathroom. If this is not possible, clean the bathroom after use (see below).
• Open windows or use a fan or an air conditioner in shared spaces in the home, if possible, to ensure good airflow.
• Do not allow visitors.
• Do not make or serve food to others.
• Avoid caring for children, if possible, or wear a face covering or mask if you have to provide care for children.
• Do not handle pets or other animals.

Wear a mask when you are around others
• You should wear a disposable mask (surgical, KF94, KN95, or N95) when you are around other people (e.g. shared room or vehicle) or pets and before you enter a hospital or doctor’s office.
• If you are not able to wear a mask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you. If they must enter your room, they should wear a disposable mask. After leaving your room, they should immediately clean their hands, remove and dispose of their mask, and clean their hands again.
• Infants and children under 2 should not wear face coverings or masks.
**Cover your coughs and sneezes**
Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands.

**Avoid sharing personal household items**
Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. Wash them thoroughly with soap and water after use.

**Clean your hands often**
Wash your hands often and thoroughly, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.

**Laundry**
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.
- Do not place clean laundry in the same storage container (e.g. laundry basket or bag) used to store soiled laundry.

**Disinfection**
Contaminated surfaces should be cleaned and disinfected. Standard household cleaning/disinfectants may be used in accordance with the manufacturer’s instructions. Follow CDC’s [general guidance on cleaning and disinfecting non-healthcare settings](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfecting.html) such as homes and cars where you spent significant time during your infectious period.

**Talk to Public Health**
Help slow the spread of monkeypox by maintaining regular communication with your Sacramento County Public Health nurse and providing them with requested information. Providing us with the names and contact information of your close contacts allows us to confidentially notify them that they may have been exposed and provide them with instructions for self-monitoring and information on potential vaccination.

**Work and school**
When your home isolation ends and you are no longer infectious, you can resume your usual activities, including returning to work and/or school. Your Sacramento County Public Health nurse will confirm when you are cleared to return to work or school.