

MONKEYPOX Updated Isolation Guidance August 25, 2022

Situational Update

[Sacramento County](#) has a total of 110 confirmed and probable monkeypox (MPX) cases as of August 22, 2022. [Statewide](#), 2,660 cases have been reported as of August 18, 2022. Sacramento County Public Health (SCPH) continues to work on identifying and monitoring contacts of cases to prevent further transmission. In accordance with California Department of Public Health (CDPH) guidelines, SCPH is updating our current isolation guidance.

Updated Isolation Guidance

All confirmed MPX cases are required to isolate at home and avoid contact with others until all lesions are healed. Providers may use County Health Officer Isolation order if needed.

Home isolation may be modified to allow for essential outside activities and return to work if individuals do not work in high-risk workplaces such as congregate settings (e.g. shelters), healthcare facilities including long-term, senior-care (including in-home services), correctional detention centers, and any other setting involving direct physical contact with children (e.g. childcare, preschool, K-12 schools).

Home isolation may be modified if the following conditions below are met:


1. Any fever or respiratory symptoms have been resolved for at least 48 hours; **AND**
2. No new lesions have appeared for at least 48 hours; **AND**
3. Lesions that are not completely healed can be covered and any lesions that cannot be covered, such as those on the face, head, neck or hands are fully healed (scabs have fallen off and a fresh layer of skin has formed at the lesion sites); **AND**
4. Employment does not involve direct physical care or contact with others (e.g., massage therapy, estheticians, sex work, etc.); **AND**
5. Virtual work is not possible.

If these conditions for return to work are not met, individuals should not return to work or participate in outside activities until all lesions are healed. For more information about paid leave options, please share the [California Employment Development Department site](#) and the [Leave Benefits | U.S. Department of Labor \(dol.gov\)](#). If individuals are employed or actively looking for work and are unable to do regular or customary work, they may qualify for financial support from [California's State Disability Insurance \(SDI\) program](#). Note that a licensed physician/practitioner must complete the medical certification portion of the disability claim.

Resources:

1. U.S. Monkeypox 2022: Situational Summary (CDC): <https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html>
2. Monkeypox (CDPH): <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx>
3. Monkeypox (SCPH): <https://dhs.saccounty.gov/PUB/Pages/Communicable-Disease-Control/Monkeypox.aspx>
4. Updated Isolation Instructions (SCPH): <https://dhs.saccounty.gov/PUB/Documents/Communicable-Disease-Control/GD-MonkeypoxHomeIsolationInstructions.pdf>
5. Isolation Letter Template for Medical Providers (SCPH): <https://dhs.saccounty.gov/PUB/Documents/Communicable-Disease-Control/FM-MPXIsolationLetterTemplateMedProviders.pdf>

Sincerely,



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County Health Officer