

Monkeypox

What to do while you are waiting for test results

After you have seen a provider and your lesions have been swabbed, it may be several days before your test results are back. Here are some steps to take while you are waiting.

1

Stay home and isolate.

2

Stay away from others and, if possible, use a separate bathroom.

3

Limit possible exposure to pets and animals.

4

Don't return to school or work until you get your negative test result.

5

Wear a mask and keep any lesions covered if you must be around others.

6

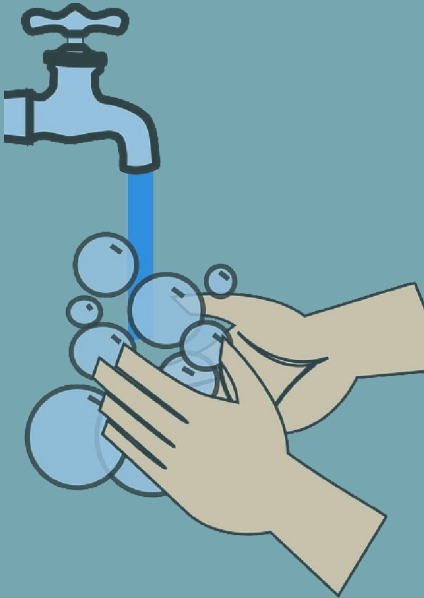
Communicate with your provider if new symptoms arise.

If your test result comes back **positive**, continue to follow these recommendations and isolate to prevent infecting others. Keep in contact with your provider and local public health department to determine next steps and if you may need treatment.



1

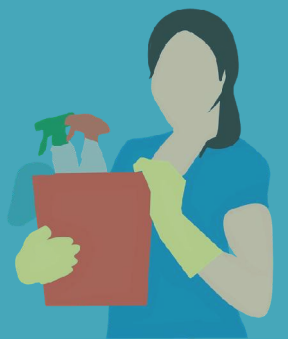
Hand Hygiene and Personal Protection



- Wash hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with 60% alcohol or more.
- Avoid using contact lenses to prevent inadvertent infection or shaving rash-covered areas of the body to prevent spread.
- As possible, cover all skin rashes with clothing, bandages or gloves.
- Household members should wear a medical mask when in close contact with the person with/being tested for monkeypox.
- When possible, change your own bandages while wearing disposable gloves. Wash your hands after.
- Dedicate a trash can to yourself and place all waste into a sealed plastic bag.
- Clean and disinfect all surfaces each time you use the bathroom.
- Avoid sharing utensils, dishes, cups, bedding, towels, clothing, or other objects with others.
- Cover upholstered furniture with things such as tarps, waterproof mattress covers, coversheets, etc.
- Abstain from all sexual activities.

2

Household Disinfection



When using a disinfectant, be sure to check that your product is on the EPA Q list, read the directions, pre-clean the surface, and follow the instructions for how long the surface should remain wet. Wear disposable gloves, a well-fitted mask, and clothes that cover your skin. Clean and disinfect your home in this order:

1. Collect and contain any soiled waste in a sealed bag.
2. Do laundry (don't shake or roughly handle).
3. Clean any hard surfaces and household items.
4. Clean any furniture.
5. Clean the carpet and flooring.
6. Dispose of the waste.
7. Wash hands.

For more information:

- <https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html>
- <https://www.epa.gov/pesticide-registration/disinfectants-emerging-viral-pathogens-evps-list-q>