



Isolation Instructions for People with Mpox

This guidance is for people who have been diagnosed with mpox or suspect they have mpox. It is important to follow this guidance to protect others and reduce the spread. Those with symptoms of mpox and have not received testing should contact their healthcare provider and seek testing immediately.

How Mpox Spreads:

Mpox is spread person-to-person primarily through direct skin-to-skin contact. It can also be spread through contaminated materials such as clothing or linens, and through respiratory droplets through prolonged face-to-face contact. Persons with mpox are considered infectious to others from when their first symptoms start until their skin lesions (rash) have healed (scabs have fallen, and a fresh layer of skin has formed). This typically takes 2-4 weeks.

Duration of Isolation:

If you have been diagnosed with or are suspected of having mpox, you are advised to isolate at home and away from others until:

- Fever or respiratory symptoms have resolved for at least 48 hours without fever-reducing medicine; **AND**
- You have had no new skin lesions in the previous 48 hours; **AND**
- All your skin lesions have healed (scab have fallen, if present) and a fresh layer of skin has formed, including any lesions in your mouth.

If you meet ALL of the criteria above, you can safely stop isolating.

Resume limited activities outside the home

- Activities outside the home that do not involve settings of concern (healthcare, shelters, LTCF, schools/daycares) or physical contact with other people may be resumed without medical clearance once all of the following criteria 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. Any lesions that cannot be covered, such as those on the face, are fully healed (scabs have fallen off and a fresh layer of skin has formed at the lesion sites).
- Once all of the above criteria are met, persons with mpox may resume limited activities outside the home using the precautions below:
 - Cover any unhealed lesions with clothing or bandages.
 - Wear a [well-fitting respirator](#) or mask at all times when in contact with other people (see #3 above for more information).
 - Wash hands frequently with soap and water or an alcohol-based hand sanitizer and avoid direct contact with lesions.
 - Do not share towels or other personal objects with others.
 - Avoid crowded settings such as bars, clubs, parties, saunas, and bath houses.
 - Avoid direct skin-to-skin contact or intimate physical contact with others including kissing, cuddling, and sexual contact.



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Return to Work

Workers may return to non-settings of concern when they meet all the criteria in the "Resume limited activities outside the home", AND all of the following conditions are met:

- Employment does not involve direct physical care or contact with others, e.g., massage therapy, estheticians, sex work, etc.;
- Virtual work is not possible.

Persons with mpox who work in a setting of concern should not return to the workplace until all skin lesions have healed (i.e., scabs have fallen off and a fresh layer of skin has formed at the lesion sites) and any other symptoms have been resolved for at least 48 hours. Before returning to a setting of concern, consultation with a healthcare provider is advised.

Instructions on Isolation for People with Mpox at home:

- Stay home and away from others
 - Ask friends or relatives to help get essential items or order online. Have them wear gloves and leave items outside avoiding contact.
- Avoid close contact (such as hugging; massaging; kissing; and other sexual contact) and sharing items (such as eating utensils, bedding and towels) with people you live with, and sleep in a separate room if possible.
 - Use a separate bathroom if possible. If not, clean and disinfect it yourself and follow the [Disinfecting Home and Other Non-Healthcare Settings](#)
 - Minimize the time spent in the same room with others. If this is not possible, cover all skin lesions with clothes, gloves and/or bandages and minimize any physical contact. In addition, all household members (if over 2 years of age) should wear a well-fitting mask or respirator.
- Launder or disinfect items that have been used and disinfect surfaces that have been touched by a skin lesion.
- Cover upholstered furniture and other porous materials (e.g., carpet and rugs) that can't be laundered with tarps or blankets.
- Clean your hands frequently with soap and water or use hand sanitizers that contain at least 60% alcohol.

Tips to reduce the risk of spreading the lesions to different parts of your body

- Avoid use of contact lenses to prevent spreading the infection to your eyes.
- Avoid shaving areas of the body that have the skin lesions/rash.



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Clean, disinfect, and dispose of your waste during Isolation

- **Laundry** should be handled by wearing gloves, a well-fitting mask and covering any exposed skin. Soiled laundry should not be shaken or handled in a way that may spread infectious particles.
- **Dishes and eating utensils** should be washed with warm water and dish soap.
- **Contaminated surfaces** should be cleaned and disinfected. Refer to [EPA-registered disinfectants](#). Wet cleaning methods are preferred over dusting and vacuuming.
- **Trash/Waste:** If you are isolating, have a lined trash can in the room. Handle disposal by wearing gloves.
- See CDC Guidance for [Disinfection of the Home and Non-Healthcare Setting](#) for more information and tips about cleaning during and after mpox.

Wear a mask when you are around others:

- It is possible for the mpox virus to spread through respiratory secretions. To be safe, it is recommended that all household members wear a well-fitting mask or respirator around others.

Avoid close contact with pets if you have been exposed to mpox:

- No cases of mpox in pets have been reported in the US as part of the current outbreak. But it is possible that pets could become infected or contaminated with the virus through close contact with an infected person and spread the virus to others.
- See the CDC webpage [Pets in the Home](#) for information about what do if you have a pet.
- If you need to walk your pet outside, make sure the skin lesions/rash on your body is completely covered by clothing, gloves, and/or bandages, and wear a well-fitting mask while you are outside of your home.

Resuming sexual activity after isolation ends

- While you are isolating you are advised to avoid any sexual activity. There may be a risk of passing mpox to a sex partner even when you no longer need to isolate because the virus may remain in semen and other genital excretions. If you have sex after ending isolation, it is recommended that you use condoms for a period of time. Unfortunately, we don't know how long this is needed - some experts recommend the use of condoms for a minimum of 12 weeks. This guidance will be updated when we learn more.

For more Information:

Call your health care provider for any questions related to your health. If you do not have a health care provider or if you have any questions about instructions on isolating, call 562.570.7907 or visit our website www.longbeach.gov/mpox