



Quarantine and Isolation Guidelines for Monkeypox

Monkeypox is a self-limiting disease that typically lasts 2-4 weeks and spreads between people through direct contact with an infectious rash, body fluids, or by respiratory secretions during prolonged, face-to-face contact. Transmission of Monkeypox virus can occur from the first onset of symptoms until the scabs have separated and the skin has fully healed. It can also spread through contaminated surfaces, clothing, linen, bedding, and upholstery. The quarantine period is 21 days from last close contact exposure.

Signs and Symptoms

The incubation period of Monkeypox is usually 6-13 days but can range from 5-21 days. Infection is divided into two distinct phases.

Phase 1

The prodromal phase generally lasts 1-5 days and is characterized by fever, severe headache, lymphadenopathy (i.e., swollen lymph nodes), back pain, muscle aches, and exhaustion.

Phase 2

The lesions begin forming within 1-3 days from the onset of fever. They tend to be most concentrated on the face and extremities, although lesions can affect anywhere on the body including mucosal membranes. Lesions go through distinct phases until scabbing and can range from a few to hundreds.

What to do if you become symptomatic for Monkeypox

- Contact your medical provider or the local health department and get tested for confirmation. Let them know if you were exposed to Monkeypox and began showing symptoms.
- Begin isolating or limit contact with others as much as possible.
- Isolation should last until scabs have fallen off the lesions and new healthy skin has appeared. Contact the Health Department or your medical provider to see if you are clear to leave isolation.
- Seek medical attention if fever, pain, or lesions become worse and you cannot properly take care of yourself.

Self-care if you get Monkeypox

The most important areas to focus on are staying well hydrated, eating a balanced diet high in fruits and vegetables, and getting plenty of sleep. This will provide your immune system with the help it needs to fight the infection. Use OTC pain medication as directed to manage fever and pain. In terms of managing the lesions, do not scratch and avoid irritating them, and keep them clean and dry as they heal.

Protecting Others

If you live with other people

- Isolate in a separate room
- Use a separate bathroom or clean and disinfect (with a household disinfectant) after each use
- Clean hands frequently with soap and water or use an alcohol-based hand sanitizer
- Clean and disinfect commonly touched hard surfaces with a household disinfectant
- Open windows and allow good air circulation
- Use separate dishes, cups, bedding, towels, and electronics such as phones, tablets, or remote controls.
- Do your own laundry. Keep everything in a plastic bag before carrying it to the washing machine. Wash clothes in temperatures greater than 60 degrees.

If you cannot avoid being in the same room as someone else

- Cover lesions with clothing or bandages
- Avoid touching each other
- Wear well-fitting masks, preferably an N95 or KN95
- Open windows and allow good air circulation
- Clean hands often

Tips on home disinfection

- Clean high touch surfaces frequently using a household cleaner or wipe that can disinfect.
 - **Read the label on all cleaning products and follow instructions.** Disinfection of surfaces generally requires treating the surface and letting the product act for a specific time before wiping down the surface.
- Limit direct contact with upholstery by wearing clothes that fully cover areas of the skin that can come in contact with the furniture.
- Soiled clothes and linen should be kept in a plastic bag and removed directly from the bag to the washing machine.
 - If you are doing the laundry for someone who has Monkeypox, wear gloves and avoid shaking out the clothes until after they are washed.