

Mpox:

What to expect after being tested



Washtenaw County
Health Department

If you have been tested for mpox and are waiting for results, follow these steps:

Isolate Yourself

- Isolate at home using protective measures until you receive a negative result or an alternative diagnosis from your healthcare provider.
 - Do not leave your home unless follow-up or medical care visits are necessary.
 - If you must seek medical care, wear a surgical mask.
 - If you must leave your home for any reason, wear a surgical mask while outside of your home.
 - Avoid contact with household members, other people, and pets.
- Cover skin lesions as best as you can. Wear long sleeves and long pants to avoid contact with surfaces or other people.
- Do not pop your lesions or touch or scratch your rash. This can spread the rash to other parts of your body, increase the chance of spreading the virus to others, and possibly cause open lesions to become infected by bacteria.
- Do not shave the area with the rash until the scabs have fallen off and a new layer of skin has formed. Shaving can spread the virus and cause more lesions.
- Wear a surgical mask, especially if you are experiencing cough, shortness of breath, or sore throat.
 - If wearing a mask is not possible (e.g., if the ill person is a young child), the other household members should wear a surgical mask when in the presence of the infected person.

Practice Healthy Habits

- Wash your hands well after touching lesions (or any items or surfaces that have come in contact with lesion material).
- Do not share items (like dishes, utensils, electronics, clothes, laundry, bedding) with others.
- Wash clothing, bedding, towels, in a standard washing machine with warm water and detergent (bleach can be used but is not necessary).
- Use care when handling dirty laundry. Wear disposable gloves and wash your hands well after contact.
- Use standard household cleaners/disinfectants to clean any surfaces that may have come in contact with lesions. Follow the directions on the cleaning products for effective use.

Monitor Your Health

- If your symptoms get worse and you need to seek healthcare before test results are available, call ahead and tell the provider that you are awaiting test results for mpox. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Wear a surgical mask when seeking healthcare.

Your healthcare provider who ordered the test will call with your lab results and help you understand next steps. If you have questions or need additional support, please contact the Health Department.

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov/poxvirus/monkeypox.