

# Monkeypox:

## What to do if you test positive



If you have tested positive for monkeypox, follow these guidelines:

### Isolate Yourself

- Isolate at home using protective measures and follow instructions from your health care 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.
  - Avoid contact with household members, other people, and pets.
- Cover your rashes or sores as best as you can. Wear long sleeves and long pants to avoid contact with surfaces or other people.
- Wear a surgical mask at home if you live with others and close contact cannot be avoided.
  - 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 rashes or sores (or any items or surfaces that have come in contact with the rash or sores).
- 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 the rashes or sores. Follow the directions on the cleaning products for effective use.

### Monitor Your Health

- If your health care provider prescribed medication, it is important to follow the directions for taking all of the prescribed medication.
- If your symptoms get worse, call your health care provider for guidance.

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](http://www.cdc.gov/poxvirus/monkeypox).*