

Mpox:

What to do if you test positive



If you have tested positive for mpox, 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.
- 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 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.