

Monkeypox Information Sheet for Patients

What is the situation?

You have monkeypox or likely have monkeypox based on your test result. You could spread monkeypox to others. If you take certain steps, you can prevent the spread.

What should you do?

- Ask your healthcare provider if treatment is recommended. Most people with monkeypox recover fully within 2 to 4 weeks without special treatment. Follow all the advice from your healthcare provider.
- Stay home and do not leave your home except as required for emergencies or follow-up medical care.
- Stay away from others in your home, including pets. If possible, stay in a separate bedroom and use a separate bathroom.
- Avoid close contact with others (including sexual contact).
- If you have to be around others in your home, wear a well-fitting face mask.
- Do not share items that might be contaminated with the virus, such as bed linens, clothing, towels, wash cloths, drinking glasses, or eating utensils.
- Do not use contact lenses to prevent monkeypox infection in your eyes.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer if soap and water are not readily available.
- Routinely clean and disinfect commonly touched surfaces and items, such as counters or light switches, using an EPA-registered disinfectant (such as List Q). Follow the manufacturer's instructions.

When is it safe to be around others?

- People with monkeypox are contagious until all their scabs fall off and a fresh layer of intact skin forms. This can take 2–4 weeks.

Where can you find more information about monkeypox?

- VDH Monkeypox website: vdh.virginia.gov/monkeypox/
- VDH Health Department Locator: vdh.virginia.gov/health-department-locator/
- CDC Isolation and Infection Control at Home: cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html