

Mpox Information Sheet

Person with Mpox

What is the situation?

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

What should you do?

- Cover the rash with gauze or bandages to limit spread to others and to the environment. Do not scratch or pop any lesions or rash and keep clean and dry when not showering or bathing.
- Ask your healthcare provider if treatment is recommended. Most people with mpox 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 need to have close face-to-face contact with other people, 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 mpox 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 mpox 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 mpox?

- VDH website: vdh.virginia.gov
- VDH Health Department Locator: vdh.virginia.gov/health-department-locator/