



Recommendations for People Tested for Monkeypox

If you have a pending test or confirmed monkeypox, follow the below guidelines until you receive a call about your results. If confirmed with monkeypox, you need to stay home until cleared by public health or your healthcare provider (see details below).

Do:

- Stay at home until you receive a call from Alexandria, your provider, or your local health department about your results if your test is pending.
- Routinely clean and disinfect commonly touched surfaces and items (e.g., counters, light switches) using an EPA-registered disinfectant (e.g., [List Q](#)) in accordance with the manufacturer's instructions. Options include Clorox Disinfecting Wipes, Lysol Brand All Purpose Cleaner, and Soft Scrub with Bleach, among others.
- Avoid direct in-person contact with others.
- Avoid all sexual activity with others.
- Cover any skin rash or lesions in the home, especially when you are around others.
- Wear a mask around other household members.
- Use a separate bathroom if there are others in the same household.
 - If there is not a separate bathroom, clean and disinfect surfaces (e.g., counters, toilet seats, faucets) using an EPA-registered household cleaning product ([List Q](#)) after using a shared space if the lesions are exposed (e.g., showering, toileting, changing bandages covering the lesions). Consider disposable glove use while cleaning if lesions are on your hands.

Don't:

- Leave your home except for emergencies or follow-up medical care.
- Have visitors unless there is an essential need for them to be in your home.
- Share items that could be contaminated by the lesions (e.g., bed linens, clothing, towels, washcloths).
- Share drinking glasses or eating utensils. It is not necessary for you to use separate utensils if properly washed. Wash dirty dishes and utensils in a dishwasher or by hand with warm water and soap.
- Use contact lenses as you might spread the infection to your eyes.
- Shave areas of your body with lesions as this can spread the virus further.
- Have direct contact with upholstered furniture and porous materials that cannot be washed. Instead, place coversheets, waterproof mattress covers, blankets, or tarps over



these surfaces. Consider additional precautions such as steam cleaning if there is a concern about contamination.

If you have pets:

- Avoid contact with animals (specifically mammals), including pets.
 - If possible, friends or family members should care for healthy animals until you have fully recovered.
 - If you have monkeypox and must care for your pet while you are recovering:
 - Wash your hands, or use an alcohol-based hand rub, before and after caring for them.
 - Keep your pet home and away from other animals and other people for 21 days after the most recent contact.
 - Cover any skin rash to the best extent possible (i.e. long sleeves, long pants), and wear gloves (if you have lesions on your hands) and a well-fitting mask while providing care.
 - Visit CDC's page on monkeypox and pets in homes to learn more:
<https://www.cdc.gov/poxvirus/monkeypox/specific-settings/pets-in-homes.html>
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What happens if I test positive:

- Alexandria Health Department (AHD) will check in and see how you are doing and may refer you for treatment if needed.
- AHD or your local health department will work with you to figure out who may need information about how to protect themselves if they may have been exposed.
 - Respecting your privacy and confidentiality, we will work together to find the best way to inform those that may need to monitor their health or even get a vaccine to help prevent infection.
- AHD will also let you know when it is safe for you to leave home and return to your normal activities.
 - You will be considered "cleared," after your rash has fully resolved, the scabs have fallen off, and a fresh layer of intact skin has formed.

Questions? Call the Alexandria Health Department at 703.746.4951 or visit the CDC's page on monkeypox: <https://www.cdc.gov/poxvirus/monkeypox/index.html>.