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
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

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.

Version 2.1 Last updated 7/9/22