



I HAVE MONKEYPOX NOW WHAT ?

Stay home and avoid contact with others, including household members and pets, until all symptoms go away, your skin lesions have healed and a fresh layer of skin has formed including any lesions in your mouth. Avoid having nonessential visitors in your home.

[Boston.gov/Monkeypox](https://www.boston.gov/monkeypox)



CAN'T STAY INSIDE? FOLLOW THESE TIPS.

- Fully cover your rash and sores with clothing or bandages.
- Wear a well-fitting face mask.
- Sit at least 6 feet away from others if eating or drinking without a mask.
- Avoid crowded spaces.
- Avoid physical contact if using public transportation.
- Disinfect the toilet seat when using a public or shared bathroom.
- Do not share a bed or let others touch your clothing, towels or bedding.
- Do not share dishes, food, drinks or utensils.

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MONKEYPOX CAN SPREAD THROUGH CONTACT WITH INFECTED CLOTHING, BEDDING, OR OTHER PERSONAL ITEMS.

Ways to reduce spread:

- Wear clothes that are machine washable.
- Handle and do your own laundry, if possible.
- Use a washable, non-mesh, cloth laundry bag.
- Keep your laundry separate from other people's.
- If you need a friend or family member to do your laundry, ask them to wear a face mask and disposable gloves.
- Gently put items, along with the bag, in the washing machine.
- Avoid shaking items while taking them out of the bag.
- Use hot water or the highest temperature setting.
- Use regular detergent. You do not have to use chlorine or color-safe bleach, or another sanitizer.
- Dry your laundry at the highest temperature allowed.
- Air-dry any items at home that cannot be dried in a machine.

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AT THE LAUNDROMAT OR IN A LAUNDRY ROOM

- Keep your laundry separate from other people's laundry.
- Use a washable, non-mesh, cloth laundry bag.
- Gently put items, along with the bag, in the washing machine.
- Avoid shaking items while taking them out of the bag.
- Use hot water or the highest temperature setting.
- Use regular detergent. You do not have to use chlorine or color-safe bleach, or another sanitizer.
- Dry your laundry at the highest temperature allowed.
- Air-dry any items at home that cannot be dried in a machine.
- Take your clean, dry laundry out of the dryer, put it directly in the clean bag and fold it at home.
- Limit your time in public laundry spaces. If possible, go home between washing and drying your laundry, or go outside to avoid close contact with others.



FOR ITEMS THAT ARE NOT MACHINE WASHABLE & HARD SURFACES IN THE HOUSEHOLD:

- Wash them in a sink or bathtub with detergent.
- Clean or disinfect those that came into contact with your rash or sores (such as watches, belts and hats).
- Put them in a sealed plastic bag for 21 days if they cannot be washed at home
- If cleaning and disinfection is done by someone other than the person with monkeypox, that person should wear, disposable gloves and a well-fitting mask.
- Clothing that fully covers the skin should be worn, and then immediately laundered.
- Wash hands using soap and water.
- Disinfect items and surfaces like tables, countertops, door handles, toilet seats/ flush handles, faucets, light switches, and floors. If unsure, disinfect.
- Do not dry dust or sweep as this may spread infectious particles.
- Use wet cleaning methods such as disinfectant wipes, sprays, and mopping.
- Use a vacuum with a high-efficiency air filter. If not available, wear a well-fitting mask while vacuuming.

