

Stay healthy when someone you live with has hMPXV (monkeypox)

hMPXV (also called monkeypox) can spread from a person who is sick with it to the people and pets they live with.

hMPXV usually spreads from person to person through close skin-to-skin contact. It can also spread through contact with bedding, clothing, or other objects or materials that have touched the sores of a person who has it. Less often, it can spread through large respiratory droplets if someone is around the sick person often or for a long time.

Anyone can get hMPXV, but some people are more at risk for severe illness. This includes people who are immunocompromised, children, and people who are pregnant or breastfeeding.

If you have symptoms of hMPXV or test positive for the virus, these tips can help protect others in your home.



Isolate at home

Stay away from others in your home until your rash has healed and new skin is forming under the scabs, or until your scabs have fallen off. This usually takes 2-4 weeks.

- Stay in a room or area away from other family members, roommates, and pets.
- Wear a surgical mask if someone is near you.
- Cover your rash or sores with clothes or bandages.
- Try not to touch things used by others in the household, such as food and drinks, dishes, TV remotes, and soap or other items in the shower.
- Stay home except for medical appointments.
- Do not have other people outside of your household come over.
- Avoid contact with animals, including pets.

Advice for taking care of someone with hMPXV

If you are taking care of someone with hMPXV:

- Try to be around the sick person as little as possible.
- Wear a well-fitting surgical mask when you are around the person.
- Try not to touch any rash or sores on the sick person's skin.
- Wear gloves if you are helping the sick person change clothes, or if you are touching towels, bedding, garbage, or other items used by the sick person.
- Do not sleep in the same bed as the sick person.
- Do not share utensils or dishes with the sick person. You can use dishes the sick person has used **after** they have been washed.
- Wash your hands with soap and water or use hand sanitizer after you are around the sick person, or if you have touched their bedding, clothes, or other items. Wash hands even if you were wearing gloves.

Tips for cleaning

- If someone other than the sick person is cleaning, they should wear gloves and a mask while cleaning, including while handling laundry.
- Wash laundry including bedding, towels, and clothing in a standard washing machine with warm water and detergent. Using bleach is not necessary.
- Do not shake laundry used by the sick person. Pieces of skin or scabs can shake into the air and make others sick.
- Do not put unwashed laundry on commonly used surfaces, such as tables and countertops.
- Wash hands after handling unwashed laundry, even if you wore gloves.
- Wash dishes used by the sick person in a dishwasher or with dish soap and warm water.
- Clean frequently touched surfaces with a disinfectant or bleach wipe. This includes things like light switches, countertops, toilet handles, door handles, and faucets.
- Put used bandages, tissues, gloves, and other single-use items into a lined trash can.
- After cleaning, wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand rub.

Pets

Some animals can get and spread hMPXV. They get it through the same kinds of close contact that humans do including petting, cuddling, hugging, kissing, sharing sleeping areas and sharing food. If you have pets in your house and someone has hMPXV:

- Have other household members or friends care for pets if possible.
- Have the sick person avoid close contact with your pet including sleeping together.
- If the sick person must look after pets, cover any skin rashes carefully. Wash hands before and after. Wear gloves and a well-fitting mask while providing care.
- Don't let your pet lick any of the sores or rash.

Watch for symptoms



Rash
(in all cases)



Fever



Chills



**Swollen
Lymph Nodes**



Exhaustion



Muscle Pain



Back Pain



Headache

Everyone in the house should watch for symptoms including fever, chills, body aches, and a new rash or sores. If you develop symptoms, call a healthcare provider to get testing. If you don't have a healthcare provider, call the Multnomah County clinic at 503-988-3700.

If you think you have been exposed and want to know about options for vaccine, call the Health Department at 503-988-3406. Visit multco.us/health/diseases-and-conditions/monkeypox for more information.