

PREVENTING SPREAD TO OTHERS

If you have mpox, you are advised to stay at home (isolate) if you have mpox symptoms, including until your mpox rash has healed and a new layer of skin has formed. Staying away from other people and not sharing things you have touched with others will help prevent the spread of mpox. Mpox can also spread to animals, so staying away from pets, livestock and other animals is important.

Not every person has the same ability or resources to remain at home for a long period of time. The table below provides options for how to prevent spreading mpox to others, organized by the risk of spread. Whenever possible, higher risk options should be avoided, and the lowest risk options should be followed.

LIVING SPACE
LOWEST RISK
<ul style="list-style-type: none"> Remain alone in a home or where only others with mpox are located. Cover upholstered furniture and porous materials that cannot be washed with sheets, blankets, tarps, and other covers.
INTERMEDIATE RISK
<ul style="list-style-type: none"> Remain in a separate room in a home or facility away from others who do not have mpox. Cover all upholstered furniture and porous surfaces with sheets, blankets, tarps, or other covers. Wear a well-fitting mask and cover lesions while around others. Disinfect surfaces (doorknobs, countertops) between each use.
HIGHER RISK
<ul style="list-style-type: none"> Share space with others but avoid close contact. Do not share a bed with another person. Wear a well-fitting mask and cover lesions while around others. Disinfect surfaces (doorknobs, countertops) between each use.

BATHROOM
LOWEST RISK
<ul style="list-style-type: none"> Use a separate bathroom not shared by others.
INTERMEDIATE RISK
<ul style="list-style-type: none"> Use a shared bathroom, but disinfect surfaces (counters, toilet seats, faucets, shower, bathtub) between each use. Do not share towels, washcloths, or objects in the bathroom like toothbrushes or drink from the same glass.
HIGHER RISK
<ul style="list-style-type: none"> Use a shared bathroom that is cleaned frequently. Clean shared objects between use. Do not share towels or washcloths even if they have been washed in-between use.

SHARED ITEMS <i>(linens, clothing, cups, dishes, eating utensils, etc.)</i>
LOWEST RISK
<ul style="list-style-type: none"> Do not share items with others.
INTERMEDIATE RISK
<ul style="list-style-type: none"> Wash any items that will be used by others with detergent (or soap) and water thoroughly after each use.

LEAVING HOME TO GET SUPPLIES OR CARE
LOWEST RISK
<ul style="list-style-type: none"> Do not leave your home (except for emergencies). Have all supplies delivered without direct contact with others.
INTERMEDIATE RISK
<ul style="list-style-type: none"> Only leave home for emergencies and essential activities while wearing a well-fitting mask, with all lesions fully covered. Walk, bike, or drive by yourself if you need to leave. Avoid public transit. Disinfect any shared vehicles. Avoid ride-share services.
HIGHER RISK
<ul style="list-style-type: none"> Perform limited daily activities outside the home with all lesions fully covered and wearing a well-fitting mask. Avoid public transit as much as possible. If public transit is your only option, try to avoid busy transit times and keep as much distance between yourself and others as possible. If you use ride share services, minimize the number of passengers in the vehicle, keep as much distance as possible from the driver, wear a mask, and open windows if possible.

WORKING AWAY FROM HOME**
LOWEST RISK
<ul style="list-style-type: none"> Do not leave your home for work. Telework instead.
INTERMEDIATE RISK
<ul style="list-style-type: none"> Work in a separate space away from others with all lesions fully covered and wearing a well-fitting mask. Limit your time in the workplace as much as you can. Do not use shared spaces like breakrooms, common bathrooms, meeting rooms, etc. Disinfect your work surfaces after you finish your work. Walk, bike, or drive yourself if you need to travel to work. Avoid public transit. Disinfect any shared vehicles. Avoid ride-share services.
HIGHER RISK
<ul style="list-style-type: none"> Maintain as much distance between yourself, co-workers, and the public as you can. Wear a well-fitting mask and cover rash while around others. Clean/disinfect surfaces that could be used by others in common areas like breakrooms, bathrooms, meeting rooms, etc. Avoid public transit as much as possible. When not feasible, try to avoid busy transit times and keep as much distance between yourself and others as possible. If you use ride share services, minimize the number of passengers in the vehicle, keep as much distance as possible from the driver, wear a mask, and open windows if possible.

LIVING WITH ANIMALS
LOWEST RISK
<ul style="list-style-type: none"> Avoid contact with any pets in the home or other animals, especially mammals.
INTERMEDIATE RISK
<ul style="list-style-type: none"> Minimize petting/touching of pets and other animals. If touching animals, keep rash fully covered to avoid contact between the rash and the animal. Wear a well-fitting mask.

*From the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.

**Persons with mpox may need to work with their employer on accommodations if they are unable to stay home from work during the period when isolation is recommended.

