

Isolate yourself and avoid close contact with others, including pets or animals.¹

- **Remain at home**, except for emergencies or medical care. Isolate in a separate room or area and, if possible, use a separate bathroom. If sharing a bathroom, clean and disinfect after every use. Avoid wearing contact lenses or shaving areas of the body where the rash is present.
- **Do not engage in any direct physical contact.** If you need to come into close contact (within 6 ft.) of household members or pets, wear a well-fitting mask. Avoid skin-to-skin contact.
- **Do not share potentially contaminated items**, such as bed linens, towels, washcloths, drinking glasses, or eating utensils. Avoid contaminating upholstered furniture and other materials that cannot be washed by placing tarps, mattress covers, or washable blankets over them.

Practice proper hand hygiene and use personal protective equipment.

- **Wash your hands regularly using soap and water or use an alcohol-based hand rub**, after touching the rash, rash material, clothing, linens, any other contaminated items, or environmental surfaces that may have had contact with rash material.
- **Cover all skin rashes by wearing long sleeves and long pants**, wear a well-fitting **face mask**, and consider **disposable gloves** in shared spaces.
 - Change your own bandages and wear disposable gloves when handling any contaminated materials such as soiled bandages and linens. If you need help, the person helping you should wear disposable gloves and a well-fitting face mask.

Clean and disinfect your space regularly and shared spaces immediately after use.

- **Clean and disinfect using [EPA-registered disinfectants](#).** Follow all manufacturer directions for use, including concentration, contact time (wet time), acceptable usage and surface types, and all precautionary statements. Examples include but are not limited to Lysol Brand All Purpose Cleaner, Lysol® Disinfecting Wipes, Clorox® Clean-Up Disinfectant Cleaner with Bleach. Ensure you follow the EPA's recommended contact (wet time) as it may be as long as 10 minutes.

¹ Decisions regarding discontinuing isolation, should be made by the healthcare provider and the local health department. You may be asked to isolate until test results return. If you test positive, isolation may be extended until the rash is gone.

- **When cleaning and disinfecting wear clothing that covers the skin, disposable gloves, and a well-fitting face mask.** Wash your hands and launder contaminated clothing immediately after cleaning and disinfecting.
- **Use wet cleaning methods** (disinfectant wipes, sprays, mopping) and do not dry dust or sweep. Prior to disinfecting, clean with soap and water or use two applications of disinfectant, one for cleaning and one for disinfecting. Read the product label for the manufacturer's instructions.
- **Routinely disinfect commonly touched surfaces** such as tables, countertops, door handles, toilet flush handles, faucets, light switches, and floors.

Clean and disinfect the household in the following order:

1. **Contain any waste:** place all contaminated waste into a sealed bag. Use a dedicated lined trash can while in isolation and wear gloves when handling the trash bag. Sealed trash bags may be disposed of with regular waste.
2. **Laundry:** gather all clothing and linens into a sealed container or a bag that can be laundered or disinfected. **Do not shake the items or mix them with items from other household members.** Use detergent and a standard washing machine.
3. **Household items and hard surfaces (including bathrooms):** clean and disinfect any surfaces, including interior surfaces or other items, that may have been contaminated. See details above for examples of disinfection products.
4. **Dishes and Utensils:** Wash dishes and utensils in the dishwasher with detergent or by hand using hot water and dish soap.
5. **Upholstered furniture, carpet, and other soft furnishings:** Disinfect with the soft-surface disinfectant or steam cleaning, depending on the level of contamination.

For more information, visit the CDC's page on [Isolation and Infection Control: Home](#), and review the [CDC's Monkeypox Interim Guidance on Household Disinfection](#).