

PROTECTION IS COMMUNITY *love*

PREVENTING THE SPREAD OF MPOX

IF YOU HAVE CONTRACTED MPOX:



1 Stay at home (isolate).

- Allow your mpox rash to heal and form a new layer of skin.

2 Protect others in shared living spaces and/or family housing.

- Do not share items that may have the virus on them such as bed linens, clothing, towels, wash clothes, drinking glasses, or eating utensils until the items are disinfected.
- Cover upholstered furniture and materials that cannot be washed with sheets, blankets, tarps, and other covers.

3 Clean and disinfect all living spaces.

- Wear gloves when cleaning and disinfecting items. If you have a rash on your hands, throw away the gloves after use and wash hands with soap and water.
- Family members and friends who are not infected should protect themselves while cleaning and disinfecting by wearing disposable gloves, a well-fitting mask or respirator, such as an N95, and clothing that fully covers their arms and legs.
- Look for EPA-registered disinfectants and cleaning supplies. Follow directions on the label.

PREVENTING THE SPREAD OF MPOX

- Do not dry dust or sweep, this may spread dust particles that contain the virus into the air.
- Wash your hands with soap and water for 20 seconds after cleaning. Be sure to wash your hands immediately after removing gloves.
- Clean and disinfect in the following order to minimize spreading the virus in the household:



4 Clean and disinfect at the end of isolation.

- People who have recovered from mpox and can end their isolation should clean and disinfect their entire living space. This includes frequently touched surfaces, shared items or items that may be used by others in the home, and any objects or fabrics that were used during isolation.

For more information and to find a vaccine site near you, visit:

- www.iasquared.org/vaccines
- www.greaterthan.org/campaigns/mpox/
- www.bit.ly/CDCmpoxcleaning

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