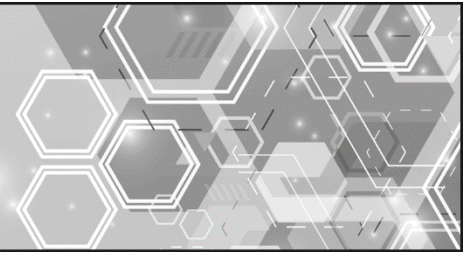




Durham Region Health Department **Facts about...**



MPOX Self-Isolation

What is self-isolation?

- Self-isolation is used to prevent MPOX (previously known as monkeypox) from spreading to others
- While on self-isolation, you must stay home and away from other people
- You should not go to work, school, use public transportation, or go to other public areas
- You will need to make arrangements to remain isolated. This may include talking to your employer, finding support for children/dependents/pets, and ensuring you have the supplies you need at home, such as groceries
- As much as possible, cases should have necessities (e.g., medication, groceries, etc.) delivered to the place of isolation. Items should be left outside of place of isolation and picked up only after the individual delivering the items have left to avoid contact

Can I attend medical appointments while on self-isolation?

- Persons with MPOX should not leave the home except as required for follow-up medical care
- All non-urgent appointments should be delayed until you have completed your self-isolation period
- If you must leave your house to see a health care provider, or require emergency medical attention, wear a mask over your nose and mouth, cover any rash/lesions and notify them that you are a suspect or confirmed case of MPOX

How can I protect myself and others in my home?

- Stay in a separate room/area away from other household members. Whenever possible, isolating in a separate room/area should be prioritized especially for persons with lesions that cannot easily be covered, draining/weeping lesions, and/or respiratory symptoms
- Avoid close physical contact, including sexual contact with others, especially with those at higher risk of severe MPOX illness (i.e., people who are immunocompromised and/or pregnant, and children under 12 years of age or younger)
- Avoid contact with animals, including household pets, poultry, and livestock

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If you require this information in an accessible format, contact 1-800-841-2729.



- If close contact with others in the home is unavoidable (e.g., the case is a caregiver or receives caregiving support), the case should:
 - Wear a medical mask for source control if safe and tolerated, especially if respiratory symptoms such as cough or sore throat are present and/or if there are lesions inside the mouth/oral cavity; and
 - Cover all skin lesions with clothing, bandages, medical mask, and/or gloves.
- Clean hands often with alcohol-based hand rub or soap and water.
- Have dedicated clothing, bed linens and towels that are not shared with others.
- Cover upholstered furniture (e.g., couch, chairs, mattress) with a launderable coversheet, waterproof mattress cover, blanket, tarp, etc.
- Avoid areas commonly used by others in the household, if possible.
- Clean and disinfect items/surfaces in common spaces after use.
- Eat meals in a separate room and away from other household members.
 - Where possible, cases should ask someone to bring their meals to them and use dedicated items for eating and drinking.
- Use a separate bathroom if available/feasible. If a separate bathroom is not available, clean and disinfect items/surfaces that came in contact with skin lesions, bodily fluids, or potentially infectious respiratory secretions with a household disinfectant after each use (e.g., counters, toilet seats, sink faucets, door handles, etc.).
- Discard contaminated items directly into a waste container and avoid touching the outside of the waste container or other surfaces. Hands should be cleaned immediately after handling the waste.
- Double bag waste using strong bags, securely tied, and store the waste in a secure bin until municipal pick up. Wear gloves if handling bags and wash hands after removing gloves.

December 22, 2022

