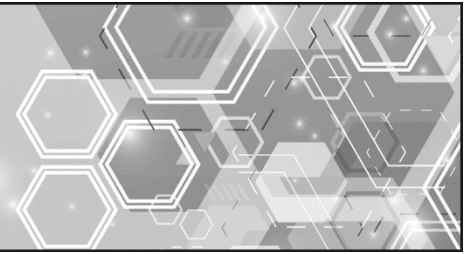




## Durham Region Health Department **Facts about...**



# Monkeypox Self-Isolation

## What is self-isolation?

- Self-isolation is used to prevent 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

## Can I attend medical appointments?

- Persons with monkeypox 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 monkeypox

## How can I protect myself and others in my home?

- Staying in a separate room/area away from other household members if possible and using a separate bathroom if available/feasible
  - Isolating in a separate room/area should be prioritized for persons with extensive lesions that cannot easily be covered, draining/weeping lesions, or respiratory symptoms.
- Persons with monkeypox should wear a medical mask especially those who have respiratory symptoms
- Covering skin lesions to the best extent possible (e.g., long sleeves, long pants). Gloves are not recommended to cover hand lesions
- If possible, designating one person to care for the person who is self-isolating (if possible, caregiver should not be immunocompromised or pregnant)
- Care providers should wear a medical mask and disposable gloves for direct contact with lesions and dispose of them after use

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- Frequent hand hygiene for both the person isolating and household members/caregivers, including after touching lesion material, removing gloves, clothing, linens, or environmental surfaces that may have had contact with lesion material
- **Advice for handling soiled laundry/linens:**
  - When handling, avoid direct contact with contaminated material
  - Do not shake or otherwise handle soiled laundry in a way that could disperse infectious particles
  - Washing laundry in a standard washing machine with warm water and detergent is acceptable
- **Advice for cleaning/disinfection in the home environment:**
  - Do not share dishes or utensils when eating; however, can use same dishes/utensils if properly washed between use in a dishwasher or with warm water and soap.
  - Clean and disinfect contaminate surfaces (e.g., bathroom, if shared, after use by the person isolating); standard household cleaning/disinfectants can be used in accordance with the manufacturer's instructions
- Optimizing indoor air quality (e.g., open windows where possible when in a shared indoor space)
- Unexposed persons who do not have an essential need to be in the home should not visit
- Household members who are not ill should limit contact with the person with monkeypox
- Pets should be excluded from the ill person's environment
- Persons with monkeypox should avoid contact with wild or domestic mammals if possible

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