



Mpox Guidance

Fact
Sheet

Taking care of yourself

If you are sick with mpox, or you have symptoms associated with the disease, and are waiting for test results, you should:

- Isolate at home, leaving only for emergency medical care
- Stay in a separate room, or area, away from people or pets
- Clean and disinfect the spaces you occupy regularly
- Wash your hands before touching your face and/or eyes
- Wear a mask around others
- Tell your health care provider if symptoms worsen or if you experience vision changes
- Tell people you were in close contact with while symptomatic that they may have been exposed

People with mpox should isolate until their rash has completely healed, scabs have fallen off, and a fresh layer of skin has formed.

Preventing the spread of mpox to others

Mpox does not spread easily between people. However, anyone in close contact with a person with mpox can get it and should take steps to protect themselves. People who do not have mpox symptoms cannot spread the virus to others.

People residing in a home with a person showing symptoms of mpox or who has tested positive for the mpox virus, or a person awaiting test results, can avoid getting the infection if they understand how it is spread. The virus can spread from person-to-person through direct contact with the rash, scabs, or body fluids of a person with mpox. It also can be spread by saliva droplets during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling or sex. Touching objects, such as clothing or

linens, previously touched by the rash or body fluids of a person infected with the disease, is another way mpox spreads.

Therefore, people in the home should:

- Avoid close, skin-to-skin contact with the infected or potentially infected person
- Not touch the rash or scabs
- Not kiss, hug, cuddle or have sex
- Not share eating utensils or cups
- Not handle or touch bedding, towels or clothing worn or used by the affected person
- Use a separate bathroom and sleeping spaces
- Wash hands often with soap and water or use an alcohol-based hand sanitizer
- Talk to a health care provider about the mpox vaccine

Pets and mpox

People with mpox should avoid contact with animals, including pets. Potentially infectious bandages, clothes, bedding and other items should be kept away from pets. If possible, friends or family members should care for an infected person's pets until the owner ends their period of prescribed isolation. If an animal comes in contact with a person with mpox and appears sick, contact a veterinarian.

Be Ready

You may receive a call from the Allegheny County Health Department to follow up with you.

For more information, please visit the Allegheny County Health Department Mpox Information page:
alleghenycounty.us/mpox

Allegheny County Health Department

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