

# What to Expect After Diagnosis

## Isolation and Protective Measures

### Things You Can Do

- Isolate at home using protective measures.
  - Do not leave your home until fully recovered (and your rash/lesions have completely healed) unless follow-up or medical care visits are necessary. If you must seek medical care, wear a surgical mask.
  - If you must leave your home for any reason, wear a surgical mask while outside of your home.
  - Avoid contact with household members, other people, and pets.
- Cover skin lesions as best as you can. Wear long sleeves and long pants to avoid contact with surfaces or other people.
- Wear a surgical mask, especially if you are experiencing cough, shortness of breath, or sore throat.
  - If wearing a mask is not possible (e.g., if a young child has monkeypox), the other household members should wear a surgical mask when in the presence of the infected person.

## Personal Hygiene

- Wash your hands well after touching lesions (or any items or surfaces that have come in contact with lesion material).
- Do not share items (like dishes, utensils, electronics, clothes, laundry, bedding) with others.
- Wash clothing, bedding, towels, in a standard washing machine with warm water and detergent (bleach can be used but is not necessary).
- Use care when handling dirty laundry. Wear disposable gloves and wash your hands well after contact.
- Use standard household cleaners/disinfectants to clean any surfaces that may have come in contact with lesions. Follow the directions on the cleaning products for effective use.

## Isolation and Contact

- Notify anyone you were in close contact with while you've been sick with any symptoms ts

- Avoid close contact with immunocompromised persons until all crusts are gone, even after you are no longer isolated.

## Learn More

Centers for Disease Control and Prevention: