

# Managing Monkeypox: Home Isolation Guidance

## IMVAMUNE (smallpox/monkeypox) vaccine.

If you have tested positive for monkeypox virus or if a health-care provider or public health official has told you that monkeypox is suspected, please follow the home isolation instructions below in order to help prevent spreading the disease to others in your household and community.

Current data suggests that people can spread monkeypox from the time symptoms start until all symptoms are gone. Individuals with monkeypox should ideally isolate until the rash has fully gone away, the scabs have fallen off, and a fresh layer of skin has formed.



### Recommendations For Interactions With Others Outside The Home

- Only leave to access urgent medical care or for emergencies.
- When accessing any type of medical care, alert health-care providers of the infection before the meeting.
- Limit contact with others from outside the home during the isolation period.
  - This includes not having visitors inside the home, with the exception of a health-care provider who follows relevant infection control measures to provide necessary patient care services.
- When possible, have necessities delivered to the home, such as medication, groceries, etc.
- Postpone elective medical visits and other elective procedures (e.g., elective dental visits, elective blood tests)
- Do not donate blood or any other body fluid (including sperm) or tissue.
- Do not travel to other cities, regions/ provinces/territories or to other countries during the isolation period.





## Recommendations For Interactions With Others Inside The Home

- Avoid contact with vulnerable populations (e.g., children under 12 years of age, immunocompromised individuals, pregnant women), where possible.
- Avoid direct contact with other people, including through sexual contact.
  - Once no longer contagious, individuals should wear a condom during any sexual activity for 12 weeks.
- Cover all lesions with clothing or bandages as much as possible.
- Do not share clothes, bedding, towels, utensils, toothbrush, razors, sex toys, needles, or any other items that may be contaminated with infectious particles from lesions or body fluids.
- Isolate in a separate space (e.g., private room for sleeping and washroom) whenever possible, especially if the case has respiratory symptoms, lesions that are hard to cover (e.g., on the face), or weeping lesions.
- If a private room for sleeping is not possible, the case should maintain as much distance as possible from others (e.g., by sleeping in separate beds).
- If a separate washroom is not possible, the infected individual should clean and disinfect all surfaces and objects they have had contact with and immediately remove and launder used towels.
- Wear a well-fitting medical mask when around others, **at all times**.
- Maintain proper hand hygiene and respiratory etiquette.
- Individuals who are breastfeeding should consult their health-care provider for advice.
- Avoid contact with animals, including pets, when possible.



## Recommendations For Environmental Hygiene

- Avoid areas commonly used by others in the home, where possible.
- Surfaces and objects should be frequently cleaned and disinfected, with particular focus paid to frequently touched surfaces and objects (e.g., tabletops, countertops, toilets, door handles, light switches, computer keyboards, etc.). Clean and disinfect surfaces after each use.
- If a surface or object is visibly soiled, it should first be cleaned with regular cleaning products followed by disinfection with a standard household disinfectant. Ensure manufacturer's instructions are being followed when using these products. If using household bleach to disinfect, instructions on how to dilute bleach are available at [Use household chemicals safely - Canada.ca](https://www2.gov.bc.ca/gov2/health/communicable_diseases/monkey_pox/monkey_pox_prevention_and_control/monkey_pox_prevention_and_control_english.htm).
- Single-use disposable cleaning equipment (e.g., disposable towels) is recommended. If disposable cleaning equipment is not available, the cleaning material (cloth, sponge etc.) should be washed, using a disinfectant solution effective against viruses. If this option is not available, the cleaning material should be discarded.

