# Mpox Isolation Guidelines

Instructions for people who are positive for orthopoxvirus or mpox virus.

Isolate until all lesions have resolved, the scabs have fallen off, and a fresh layer of intact skin has formed (usually 2-4 weeks).

Stay home except as required for emergencies or follow-up medical care.

If possible, use a separate bathroom if there are others who live in the same household.

Wear a well-fitting mask or respirator if you need to be around other people in the home.

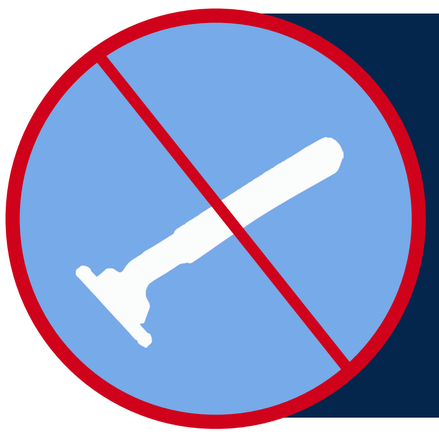
Routinely clean and disinfect commonly touched surfaces using an EPA-registered disinfectant.

Wash hands with soap and water and use hand sanitizer with at least 60% alcohol.

Abstain from all sexual activity.

Avoid close contact with other people and pets in the home.

Avoid use of contact lenses to prevent eye infection.



Avoid shaving areas of the body with blisters or lesions to prevent spread of the virus.

NJ Health New Jersey Department of Health

NJCDS New Jersey Communicable Disease Service

Adapted from the Centers for Disease Control and Prevention.

For more information, visit nj.gov/health/monkeypox.

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