

What You Need to Know About Monkeypox

What is monkeypox?



Monkeypox is a rare, but potentially serious viral illness that can be transmitted from person to person through direct contact with bodily fluids or monkeypox lesions/rash.

What are the symptoms of monkeypox?



Fever



Swollen Lymph Nodes



Headache



Chills



Muscle aches



Exhaustion



Backache



Skin Lesions (rash)

Symptoms usually appear 7–14 days after exposure, with range of 5–21 days.

What happens if I think I have monkeypox?

You should see your healthcare provider or local wellness clinic for a health assessment.

How do I get monkeypox?



Monkeypox spreads between people primarily through direct contact with infectious sores, scabs, or bodily fluids. Monkeypox can spread during intimate contact

between people, including sex, kissing, hugging, or talking closely; and touching fabrics and objects during sex that was used by a person with monkeypox, such as bedding and towels. It can also be spread through respiratory droplets or oral fluids from a person with monkeypox.

How can I prevent monkeypox?

- ▶ Avoid coming into contact with people recently diagnosed with the virus or those who may have been infected.
- ▶ Wear a face mask if you are in close contact with someone who has symptoms.
- ▶ Wash your hands with soap and water or use hand sanitizer, especially after coming into contact with those who are infected — or suspected infected.

For more information about monkeypox, visit:
[PreventMonkeypox.dc.gov](https://www.preventmonkeypox.dc.gov)

Cleaning & Disinfecting for Monkeypox for homes and hospitality industry

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Proper cleaning of all exposed items is essential following a case of monkeypox. Poxviruses can survive in linens, clothing and on surfaces. In one study, investigators found live virus 15 days after a patient's home was left unoccupied. Porous materials (bedding, clothing, etc.) may harbor live virus for longer periods

of time than non-porous (plastic, glass, metal) surfaces. People who have recovered from monkeypox and whose isolation period has ended should disinfect all spaces within the home they had been in contact with. Follow the steps below to minimize risk of infection to others in your home after recovery.

Steps for Cleaning After an Infection



If cleaning and disinfection is done by someone other than the person with monkeypox, that person should wear, at a minimum, disposable medical gloves and a respirator or wellfitting mask. Clothing that fully covers the skin should be worn, and immediately laundered. Wash hands with soap and water or use alcohol-based hand sanitizer.



Use an EPA-recommended disinfectant. Focus on disinfecting items and surfaces that were in direct contact with the skin. Do not dry dust or sweep as this may spread infectious particles.



Wash sheets, blankets, clothes, and towels.



Hospitality Industry/Air B&B/ Vacation Rental cleaning staff:

Prevention is the best approach. While monkeypox is circulating, make sure you always wear gloves to change linens and bedding.

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