



DALLAS COUNTY HEALTH AND HUMAN SERVICES
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Director/Health Authority

Monkeypox virus discharge teaching for confirmed monkeypox patients or exposed persons with newly presenting symptoms

- Expect a call from the local health department to discuss potential sources of your illness and to establish a list of persons you significantly interacted with for monitoring. Contacts could include indoor interactions within several feet of another person or any form of direct contact; e.g. roommates, travel companions, kiss contacts, or sex partners
 - Air travel may be restricted
 - Stay at home for all but essential needs, such as medical care
 - Avoid visitors, other household members, and pets
 - If possible, use a private bath and sleeping arrangement in your home
 - Keep any lesions covered to minimize incidental exposures; long sleeves and pants are encouraged
 - Wash your own laundry and optionally use bleach in the wash cycle for disinfection
 - Do not shake or whip soiled laundry items, which may spread virus
 - Do not donate any bodily fluid or tissues until the rash has scabbed over
 - Practice good hand hygiene throughout the day; use soap and water for 20 seconds or 70% alcohol hand sanitizer, especially after wound contact
 - Disinfect common high-touch surfaces; e.g. faucet handles, toilets, light switches, door knobs with a disinfectant from EPA list Q and observe the directions for use. Bleach may be preferable, due to the shorter contact time requirement and availability in a disposable wipe form.
 - **testing for contacts that later develop rash should be performed at a hospital ER, due to PPE requirements. Persons seeking testing should notify the health department first to discuss their illness and notify any ER ahead of their entry to advise of potential monkeypox suspicion. A mask that securely covers nose and mouth must be worn throughout the testing encounter.**
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