

As you have been diagnosed with monkeypox, you are advised to self-isolate at home until your rash has completely healed. This leaflet advises you on how to self-isolate safely at home.

More information can also be found <https://www.hpsc.ie/a-z/zoonotic/monkeypox/>

General advice on self-isolation at home

- You should not go to work, school or public areas. If you have a garden, it is fine to use it.
- Monkeypox spreads via close contact, including sexual contact. To protect other members of your household you should keep at least 3 steps (1 metre) away from them even while you are in the garden.
- You should not mix or socialise with anyone outside your home. Do not invite or allow social visitors (such as friends and family) to visit you at home.
- You should postpone any non-essential medical or dental treatment.
- You should not go shopping (relatives/friends can do shopping for you). They should leave items outside your home and should not come inside.
- You should only leave your home for essential purposes like emergencies, urgent medical appointments, or for urgent health and wellbeing issues.
- While self-isolating, you should keep in touch with family and friends by phone or social media. Seek support if you need it, for example by accessing www.mentalhealthireland.ie/mental-health-services/



Cleaning, disinfection and waste disposal

- You should do your own clothes washing. Keep your laundry items separate from others. Place all items in a disposable bag to bring to the washing machine. This is to avoid spreading any virus particles. Wash them as normal using your usual detergent.
- Shared toilets and surfaces must be kept clean using household cleaning products and disinfectants
- You should handle your own used dishes and cutlery. If you have a dishwasher, use it, with hot water (over 60°C) and detergent. If this is not possible, wash your own dishes wearing single-use disposable gloves, using washing up liquid and warm water.
- Place all personal waste into disposable rubbish bags. Place rubbish bag into a second disposable bag and dispose with your usual domestic waste. All rubbish bags should be **stored securely** until bin collection.
- You should not put any waste into recycling bins until you have ended your self-isolation period.

Avoid close contact with people you live with

People living in the same household as someone with monkeypox can become infected.

Try to limit contact with other people in your household by:

- Sleep and remain in your own separate room with a window you can open.
- Use a separate bathroom from the rest of your household, if available. If not, follow the cleaning instructions on **page 1** of this leaflet.
- Eat in a separate room. Ask the people you live with to bring your meals to you.
- Cover your mouth and nose with disposable tissues when you cough or sneeze. Dispose of tissues in a bag. Place this bag in another bag and follow the instructions for disposing waste. Wash your hands afterwards.
- Clean your hands throughout the day by washing with soap and water for 20 seconds. Take care if you have extensive or ulcerated hand lesions.
- Do not share items with others in your household. These include cups, glasses, dishes, cutlery, towels, handtowels, washcloths, bed linen and toothbrushes.
- Until your rash has completely healed, avoid close contact with: people who are immunosuppressed; pregnant; and children under 13 years.
- Avoid close or intimate contact with other people until your rash has completely healed. This includes hugging, kissing, prolonged face-to-face contact in closed spaces. Abstain from sexual intercourse/intimacy while you are self-isolating.

Pets

- If you have pets (wild or domestic) you should avoid close contact with them as much as you can and practice good hygiene.
- Do not let pets sleep in the bed with you. Wash your hands before and after handling pets or materials they have had contact with (such as collars, leads, feed and feeding bowls, litter trays, bedding and toys).

If you need medical advice

- Contact your doctor between the hours of 9am-5pm.
- Outside of these hours contact the out-of-hours GP service.
- In an emergency contact 112/999.
- It is important to tell the GP/emergency services that you are a **confirmed case of monkeypox**.

Ending self-isolation

You should self-isolate at home until:

- You have not had a high temperature for at least 72 hours
- You have had no new lesions in the previous 48 hours
- All your lesions have scabbed over
 - In addition, any lesions on your face, arms and hands have scabbed over, all scabs have fallen off and a fresh layer of skin has formed underneath.
- You have no lesions in your mouth

You must discuss with your doctor whether you can stop self-isolating.

Note: Until your rash has completely healed, avoid close contact with: people who are immunosuppressed; pregnant women; and children under 13 years.

Resuming sexual activity

- You should not resume sexual activity until:
 - all anogenital lesions have fully healed. This means that all lesions have scabbed over and the scabs have fallen off
- You may also need a full clear STI screen (check with your doctor)

We don't know if the monkeypox virus can spread through sexual body fluids. Condom use is advised for 12 weeks after your rash has scabbed over and scabs have fallen off. This is a precaution to reduce the risk of spreading infection to others.

Remember it is important to follow all advice set out in this leaflet to reduce the risk of infection to others, please see here for further information

<https://www.hpsc.ie/a-z/zoonotic/monkeypox/>