

Preventing Spread to Others



If You Have Mpox:

Preventing Spread to Others



If you have mpox, you are advised to stay at home (isolate) until your mpox rash has healed and a new layer of skin has formed. Staying away from other people and not sharing things you have touched with others will help prevent the spread of mpox. Mpox can also spread to animals, so staying away from pets, livestock and other animals is important.

Not every person has the same ability or resources to remain at home for a long period of time. The table below provides options for how to prevent spreading mpox to others, organized by the risk of spread. Whenever possible, higher risk options should be avoided, and the lowest risk options should be followed.

| Situation* | Lowest Risk | Intermediate Risk | Highest Risk |
|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Living Space  | <p>Remain alone in a home or where only others with mpox are located.</p> <p>Cover upholstered furniture and porous materials that cannot be washed with sheets, blankets, tarps, and other covers.</p> | <p>Remain in a separate room in a home or facility away from others who do not have mpox.</p> <p>Cover all upholstered furniture and porous surfaces with sheets, blankets, tarps, or other covers.</p> <p>Wear a well-fitting mask and cover lesions while around others.</p> <p>Disinfect surfaces (doorknobs, countertops) between each use.</p> | <p>Share space with others but avoid close contact.</p> <p>Do not share a bed with another person.</p> <p>Wear a well-fitting mask and cover lesions while around others.</p> <p>Disinfect surfaces (doorknobs, countertops) between each use.</p> |
| Bathroom  | <p>Use a separate bathroom not shared by others.</p> | <p>Use a shared bathroom, but disinfect surfaces (counters, toilet seats, faucets, shower, bathtub) between each use.</p> <p>Do not share towels, washcloths, or objects in the bathroom like toothbrushes or drink from the same glass.</p> | <p>Use a shared bathroom that is cleaned frequently.</p> <p>Clean shared objects between use.</p> <p>Do not share towels or washcloths even if they have been washed in-between use.</p> |

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See more of this graphic on how to prevent the spread of MPOX to others on the PDF below.

Supporting Documents

Monkeypox Preventing Spread to Others 2.97 MB