

If you have been tested for monkeypox, and you're waiting for results, follow the steps below:

Isolate Yourself

- Isolate at home using protective measures until you receive a negative result or an alternative diagnosis from your healthcare provider.
 - Do not leave your home until fully recovered (and your rash/lesions have completely healed) unless follow-up or medical care visits are necessary. If you must seek medical care, wear a surgical mask.
 - If you must leave your home for any reason, wear a surgical mask while outside of your home.
 - Avoid contact with household members, other people, and pets.
- Cover skin lesions as best as you can. Wear long sleeves and long pants to avoid contact with surfaces or other people.
- Wear a surgical mask, especially if you are experiencing cough, shortness of breath, or sore throat.
 - If wearing a mask is not possible (e.g., if the ill person is a young child), the other household members should wear a surgical mask when in the presence of the infected person.

Practice Healthy Habits

- Wash your hands well after touching lesions (or any items or surfaces that have come in contact with lesion material).
- Do not share items (like dishes, utensils, electronics, clothes, laundry, bedding) with others.
- Wash clothing, bedding, towels, in a standard washing machine with warm water and detergent (bleach can be used but is not necessary).
- Use care when handling dirty laundry. Wear disposable gloves and wash your hands well after contact.
- Use standard household cleaners/disinfectants to clean any surfaces that may have come in contact with lesions. Follow the directions on the cleaning products for effective use.

Communicate with Your Healthcare Provider

- Your healthcare provider will call with your laboratory results and help you understand next steps.
- If you have concerns about your health, contact your primary care provider.

Monitor Your Health

- If your symptoms get worse and you need to seek healthcare before test results are available, call ahead and tell the provider that you are awaiting test results for monkeypox. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Wear a surgical mask when seeking healthcare.

Learn More

- Centers for Disease Control and Prevention: www.cdc.gov/poxvirus/monkeypox