



Protecting Yourself and Others From Monkeypox (MPX)

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As a shelter worker, you may have concerns about guests who have been exposed to or have MPX. Help protect yourself and others and stop the spread of MPX!

MPX: What Is It?

[MPX](#) is a virus that causes flu-like symptoms and a rash. It can be passed from person to person through skin-to-skin contact (kissing, sex, cuddling, dancing) or by sharing personal items (clothes, cigarettes, utensils) with someone who is infected. It can also be spread by respiratory droplets from coughing or sneezing. Anyone can get MPX, so know the symptoms and how to protect yourself and keep everyone safe.

Symptoms usually start within three weeks of exposure to the virus. A rash typically develops one to four days after a person has flu-like symptoms. The rash looks like pimples or blisters and can be itchy and painful.



Prevent Transmission

Masking in the shelter **at all times** and limiting physical contact with others is the best way to protect staff and guests from both MPX and COVID-19. Because individuals only need to isolate once they have active symptoms, masking is a way to reduce virus transmission when individuals are in the incubation period. Ensure staff, volunteers, and guests have access to masks.

If you notice a guest has a rash, have the guest cover it up with long sleeves, pants, or gloves and connect the person with a healthcare professional for treatment.

Clean Surfaces

Enhanced cleaning and disinfecting protocols should be used to prevent the virus from spreading. If there are areas where individuals who have MPX spend time, opt for wet cleaning (spraying, mopping) and minimize dusting and sweeping, which can spread contaminated material. Follow the [CDC guidance on cleaning](#). Staff responsible for cleaning and disinfecting should wear full personal protective equipment (PPE): a gown, eye protection, gloves, and an N95 mask or respirator.



Spraying



Mopping



Dusting



Sweeping

Anyone doing laundry should wear full PPE. Take special care not to toss or shake clothes or linens that may be contaminated. Bedsheets, towels, and clothes can be washed using regular detergent and warm water. PPE should remain on until the wash cycle is complete.

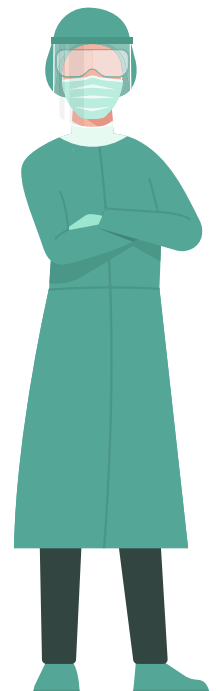


Wash Your Hands

Washing your hands and using hand sanitizer are good ways to protect yourself and others.

Mask up, institute a cleaning protocol, limit physical contact with others, and wash your hands!

Together, we can stop the spread!



Full PPE