# Mpox (monkeypox) - Isolation and infection prevention guidance for people isolating in accommodation

## About mpox

Mpox is a viral infection, that is mainly spread through skin-to-skin contact with someone who has mpox. It is usually a mild illness and most people recover within a few weeks.

There is currently a global outbreak of mpox and recently there have been several cases confirmed in Aotearoa, New Zealand.

More information on mpox can be found on the Ministry of Health website at <http://www.health.govt.nz/mpox>.

## If you need to leave your accommodation for an essential reason

Discuss with your healthcare service provider on what preventions and precautions you need to take.

While you are isolating, health staff will be in contact regularly to check on your health. They will also provide advice on what to expect with your symptoms, answer any other questions you may have and they may be able to provide you with masks. General household detergent and disinfection products are adequate for cleaning.

Health staff will advise when you can finish self-isolating and they will perform a final check-up before you are released from management by the Public Health Service.

You will have been provided with some medical masks and gloves. Other items such as hand sanitiser and disposable cleaning wipes may also be provided to you.

## Hygiene practices

* Clean your hands frequently using alcohol-based hand sanitiser or soap and water. Take care if you have open blisters or lesions on your hands
* Cover your mouth and nose when sneezing and coughing either by coughing into your elbow or using disposable tissues. Throw used tissues into a rubbish bag and clean your hands.
* Use a folded sheet or towel to sit on items of furniture with fabric covers to protect the surface. This is because soft furnishings can be very hard to clean, so the sheet or towel will help protect the fabric and is much easier to clean.
* When you are outside of the room you are isolating in, wear a medical mask and cover skin lesions with a bandage / band aid or clothing such as long sleeve tops and trousers. If you have lesions on your feet wear socks. If you have lesions on your hands, wear a pair of disposable gloves.

## Caring for your skin

If dressings or bandages are needed for skin lesions:

* Clean your hands either with alcohol-based hand sanitiser or wash with soap and water and dry thoroughly before and after changing any dressings or bandages.
* Place used dressings and bandages into a rubbish bag and tie off and then place into a second rubbish bag and tie off.

## Food and drink

During your isolation period food and refreshments will be provided to you. This will vary dependent on the type of accommodation you are staying in and you will be advised accordingly.

Linen and laundry

* Only you should handle your bedding, towels during your isolation period
* When needing to change bedding, you should carefully lift and roll bedding in on itself to prevent infectious particles from lesions and body fluids from travelling in the air. Do not shake bed linen/ quilts or blankets.
* Place used items into laundry bag provided and store in bathroom. When ¾ full inform host, who will advise you on where and when you leave the laundry bag.
* If the facility you are staying in has a washing machine in your room/unit you can wash items with laundry detergent at the highest temperature stated on label. Avoid using an ‘eco’ or ‘quick wash’ cycle.
* Either dry on the washing line or in a tumble drier (if one provided).
* Do not go out and use laundry service or local laundromat, local health service provider or regional response coordinators will determine the process for having items laundered if possible.

## Clothing

* Some items of your clothing may become soiled due to leakage of fluid from the blisters/skin lesions.
* You may be able to wash some items such as underwear by hand and dry on a heated towel rail.
* If a laundry service is available to you, you will be informed of this.
* It may not be possible to provide you with a laundry service and you may have to place any used clothes in a plastic bag and wash items on a hot wash separate from other people’s clothing when you return to your usual place of residence.
* You may need to purchase additional items of clothing on-line and have them delivered to you. If you need additional clothes, discuss with the health team looking after you.

## Cleaning and disinfecting

* You may have been provided with cleaning wipes to help you clean and disinfect spaces you are occupying. Pay particular attention to frequently touched objects and surfaces such as door handles, TV remote, light switches etc.
* Regularly clean your hands with alcohol-based hand sanitiser (provided) or soap and water and dry hands thoroughly.

## Managing rubbish

All rubbishshould be placed in bin bags and tied off when ¾ full and placed in a second bin bag before putting outside of door for collection.