



UK Health  
Security  
Agency

# What to do if you have monkeypox and are advised to stay at home



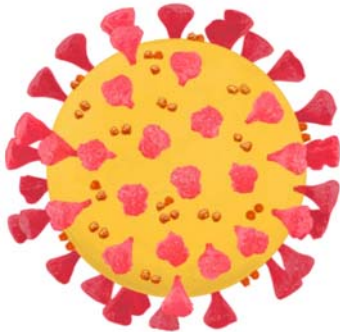
**Easy read booklet**

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# Who this guidance is for



This guidance is for anyone who has:

- **monkeypox** and has to stay at home and away from other people
- been in hospital for monkeypox and then goes home and needs to stay away from other people



Not many people get **monkeypox**. It is caused by the **monkeypox virus**.



There have been some monkeypox cases in the UK and in other places in the world.

You should follow this guidance as much as you can.



This will help stop you from giving monkeypox to other people.

# Information about monkeypox



Most people do not get poorly from monkeypox. This usually gets better without treatment.

But some people can get more poorly from monkeypox.

For example:

- young children
- pregnant women
- people who are already poorly with something else and can't fight a virus



The main ways to catch monkeypox are:

- touching someone's blisters or scabs, including during sex, kissing, cuddling or holding hands
- being close to someone with monkeypox when they are coughing or sneezing
- sharing things like bed sheets and towels



# More information about monkeypox



Most people with monkeypox have:

- a high temperature
- are very tired
- feel sore, like a headache or a sore back
- feel like they are cold



Most people then get a rash. This normally starts on the face, groin or hands. The rash can turn into blisters filled with fluid.



The blisters will turn into scabs as they heal up. The scabs will drop off after some time. This can take a few weeks to happen.



You can give monkeypox to other people as soon as you start feeling poorly.

This will last until the scabs drop off and there is new skin underneath. This can take a few weeks to happen.

# How to stay safe at home



If you have monkeypox, you should **stay at home** and you should not go out to school, work or a place where other people are.



If you have a garden, please use it. If you live with other people, you should stay at least 1 metre away from them, even if you are outside. 1 metre is about 3 steps.

You should only go out of your home for:



- an emergency
- an urgent medical appointment
- something urgent to do with your health
- to stay safe or for your wellbeing

# If you need to leave your home



If you need to go out you should cover your blisters up, for example by wearing a long-sleeved top and full-length trousers.

You should also wear a surgical face mask or cloth mask with more than one layer.



Try not to spend much time outside of your home.

You should not touch things like furniture in public places.



If you need to go to hospital, you should walk or use your own transport to get there like a car or bike.

Cover up any blisters with clothes, scarves or bandages, and wear a surgical face mask.

# Keeping others safe in your own home



Ask your friends or family to help you by doing your shopping or collecting medicines for you. You could also shop online if possible.

Ask your friends, family or delivery drivers to leave things outside.

Don't have any visitors to your home.



The people who live with you are most likely to get monkeypox if you have it.

They will have been given some advice about what they should do.



You should:

- sleep in a room on your own if you can and use your own sheets, pillows, duvets or blankets
- use a different bathroom if you can – if you can't then clean the bathroom after you use it





# Keeping others safe in your own home

You should:



- use your own towel, toothbrush and wash cloths
- use your own cups, plates, cutlery and glasses
- not share food and drink
- eat in a separate room if you can – ask the people who live with you to bring your meals
- avoid close contact or sex with someone with monkeypox



If you need to spend time in the same room as someone else in your house, you should try to stay away from young children, pregnant women or people who are already poorly that can't fight a virus. They may become very unwell if they catch monkeypox.

If you can't do this, you should speak to your doctor as you might need to isolate somewhere else.

# Keeping others safe in your own home



You should always:

- throw any tissues away in a bag if you cough or sneeze. When you put out your rubbish, put this bag into another bag then get rid of your rubbish like you normally do
- wash your hands with soap and water for at least 20 seconds – try to do this as often as you can during the day
- use a different soap and towel from other people



# Keeping clean and getting rid of rubbish



You should wash your own plates, cups, glasses and cutlery. Wash them in a dishwasher if you have one.

If you don't have a dishwasher, wash them in warm water with washing up liquid and leave them to dry in the air.

If you have blisters on your hands, wear gloves to do your washing up and do not share the gloves with anyone.



Regularly clean any surfaces that you touch a lot – like door handles or light switches.



You should clean shared bathrooms each time you use them.

You can use a damp cloth to stop dust from collecting on surfaces.

If you use a vacuum cleaner, empty the waste very carefully into a bag.



All rubbish bags from inside your house should be put inside another bag before you take them outside.

# Washing clothes and travel



Do your own washing in the machine on its own and if possible use a high temperature wash.

Keep your dirty washing in a bag on its own.

If you don't have a washing machine, you can handwash your clothes in warm water and detergent.



Try to do this in a large sink or bathtub. Clean all the surfaces when you have finished. Take extra care if you are using bleach.



If you need to leave your home and have to travel in a car with another person, you should wear a surgical face mask or cloth mask with more than one layer.



The person with you should wipe all hard surfaces in the car with a cleaning spray, liquid or wipes. They should wear gloves and a face mask to do this.

Put any waste into a disposable bag, then inside another bag to go out with your normal rubbish.

# Pets



It is still possible that pets could become infected with the virus if they get too close to someone with monkeypox.

This means your pet could give the virus to someone else.

The risk is very low.



You will be given information about looking after your pets while you are at home.

# Getting medical advice



You will have been given details of doctors, nurses or other people who you can contact.

You should call the doctors and nurses if you have any problems.



If you start to feel worse, you should phone NHS 111 or your doctor.

In an emergency call 999.



You should cancel any doctor or dentist appointments that are not urgent.

Call your doctor or dentist if you are worried about this or if someone has asked you to go to a clinic or dentist in person.

# When you can end your isolation



You should stay at home and away from other people until:

- you have not had a high temperature for at least **72 hours**
- you have not had any **new** blisters in 48 hours
- you have **no** blisters in your mouth
- **all** of your blisters have turned into scabs
- all of your blisters on your **arms, face and hands** have turned into scabs – the scabs should have fallen off and there is new skin where the blisters had been



# When it is safe to have sex



While you are staying at home and away from other people, you should:

- not have close contact with others
- not have sex so that other people can't catch monkeypox from you
- use a condom for 12 weeks after your blisters have formed scabs and the scabs have fallen off





# Looking after yourself



We know it is hard to stay away from people on your own at home.

Being away from other people can make you feel low – especially if you don't have an open space or a garden.

You can get help and advice about mental health from [Every Mind Matters](#).



If you can't work because of monkeypox, you might be able to get [money to support you](#).

Try to remember that you are keeping other people safe by staying away from them during the time that you could pass the infection on to them.