



# I HAVE MPOX NOW WHAT ?

Stay home and avoid contact with others, including household members and pets, until all symptoms go away, your skin lesions have healed and a fresh layer of skin has formed including any lesions in your mouth. Avoid having nonessential visitors in your home.

[Boston.gov/mpox](https://www.boston.gov/mpox)

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# CAN'T STAY INSIDE? FOLLOW THESE TIPS.

- Fully cover your rash and sores with clothing or bandages.
- Wear a well-fitting face mask.
- Sit at least 6 feet away from others if eating or drinking without a mask.
- Avoid crowded spaces.
- Avoid physical contact if using public transportation.
- Disinfect the toilet seat when using a public or shared bathroom.
- Do not share a bed or let others touch your clothing, towels or bedding.
- Do not share dishes, food, drinks or utensils.

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# MPOX CAN SPREAD THROUGH CONTACT WITH INFECTED CLOTHING, BEDDING, OR OTHER PERSONAL ITEMS.



## Ways to reduce spread:

- Wear clothes that are machine washable.
- Handle and do your own laundry, if possible.
- Use a washable, non-mesh, cloth laundry bag.
- Keep your laundry separate from other people's.
- If you need a friend or family member to do your laundry, ask them to wear a face mask and disposable gloves.
- Gently put items, along with the bag, in the washing machine.
- Avoid shaking items while taking them out of the bag.
- Use hot water or the highest temperature setting.
- Use regular detergent. You do not have to use chlorine or color-safe bleach, or another sanitizer.
- Dry your laundry at the highest temperature allowed.
- Air-dry any items at home that cannot be dried in a machine.



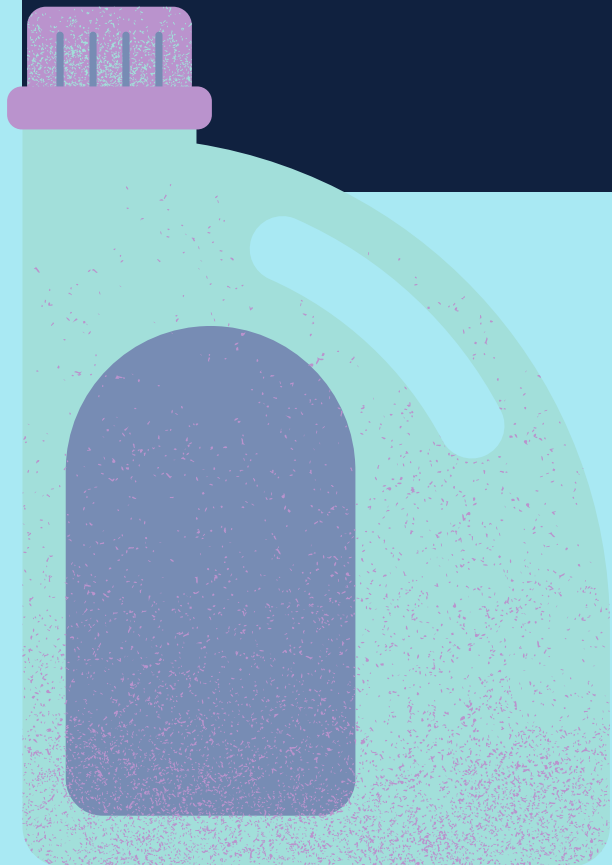
# AT THE LAUNDROMAT OR IN A LAUNDRY ROOM

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- Use a washable, non-mesh, cloth laundry bag.
- Gently put items, along with the bag, in the washing machine.
- Avoid shaking items while taking them out of the bag.
- Use hot water or the highest temperature setting.
- Use regular detergent. You do not have to use chlorine or color-safe bleach, or another sanitizer.
- Dry your laundry at the highest temperature allowed.
- Air-dry any items at home that cannot be dried in a machine.
- Take your clean, dry laundry out of the dryer, put it directly in the clean bag and fold it at home.
- Limit your time in public laundry spaces. If possible, go home between washing and drying your laundry, or go outside to avoid close contact with others.



# FOR ITEMS THAT ARE NOT MACHINE WASHABLE:

- Wash them in a sink or bathtub with detergent.
- Clean or disinfect those that came into contact with your rash or sores (such as watches, belts and hats).
- Put them in a sealed plastic bag for 21 days if they cannot be washed at home



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