

# Monkeypox Prevention Guidelines



## Monkeypox prevention steps

- ✓ **Practice good personal hygiene, including washing your hands**
  - \* Wash your hands with soap and water regularly or use an alcohol-based hand sanitizer after contact with a person with suspected monkeypox
- ✓ **Keep contaminated hands away from the mucous membranes of the eyes, nose and mouth**
- ✓ **Avoid direct contact with skin lesions (incl. a rash or scabs) on a person with suspected monkeypox**
- ✓ **Avoid contact with objects and materials (incl. bedding, towels, clothing, or a bathroom sink) that a person with suspected monkeypox has used**
- ✓ **Wear appropriate personal protective equipment when you unavoidably have come in contact with a person with suspected monkeypox**
- ✓ **Beware of direct contact with sick or dead animals and items used**
- ✓ **Do not go near wild or companion animals imported from west and central Africa**



## What to do if you develop suspected symptoms of monkeypox

- ✓ **Immediately report suspected symptoms to a public health center and follow advice**
- ✓ **Avoid contact with people including those who you live with until you've been told what to do**
  - \* Do not share towels, cups or bedding, and isolate at home if possible
- ✓ **Wash hands frequently with soap and water and use personal protective equipment to limit spread to family members and people you live with**
  - \* Wear long sleeves and pants to cover skin lesions, a well-fitting mask and disposable gloves, etc.
- ✓ **Separately manage disposal of personal waste and bedding**
  - \* If you are confirmed, personal waste should be kept separate from other waste and discarded in disposable rubbish bags. You should launder your clothes and bedding separately from those of other members of the household
- ✓ **Avoid contact with animals including companion ones**

Please call the **KDCA call center (at 1339)** for advice if you develop suspected symptoms of monkeypox, such as fever or a rash