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MONKEYPOX KNOW THE FACTS

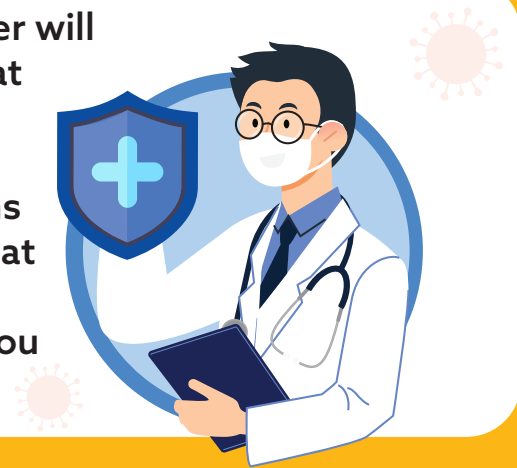
What Gila River Health Care
Doctors Advise You To Do If
You Are Diagnosed With
Monkeypox!



WEEK OF AUGUST 19, 2022

If you have Monkeypox, your healthcare provider will advise if you should be cared for in hospital or at home.

This will depend on how serious your symptoms are, whether you have risk factors that put you at risk for more serious symptoms, and whether you can minimize the risk of infecting anyone you live with.



If you are advised to isolate at home, you should not go out. Protect others you live with as much as possible by:

- **Isolating** in a separate room
- **Using a separate bathroom**, or cleaning after each use



- **Cleaning frequently touched surfaces** with soap and water and a household disinfectant and avoiding sweeping/vacuuming (this might disturb virus particles and cause others to become infected)
- **Using separate utensils**, towels, bedding and electronics
- **Doing your own laundry** (lift bedding, clothes and towels carefully without shaking them, put materials in a plastic bag before carrying it to the washing machine and wash them with hot water > 60 degrees)
- **Opening windows** for good ventilation
- **Encouraging everyone in the house to clean their hands** regularly with soap and water or an alcohol-based hand sanitizer.

