

Key precautions for community health workers supporting people with mpox at home

- **Limit entry into isolation areas:** Enter the isolation area only if necessary; if possible, monitor patients from outside the isolation area.
- **Maintain distance:** Stay at least a 1-metre away from individuals in isolation.
- **Use personal protective equipment (PPE) when necessary:** When close contact is unavoidable, wear appropriate PPE (gown, gloves, eye protection, respirator).
- **Practice hand hygiene:** Perform hand hygiene frequently, especially before and after patient contact, before putting on and after removing PPE, and before leaving the isolation area.
- **Perform thorough environmental cleaning:** Encourage patients and caregivers to clean and disinfect high-touch areas using the recommended chlorine solution (at least 0.05%). If community health workers must assist, ensure that they wear PPE.
- **Put personal safety first:** Always follow local IPC protocols and adjust PPE and distancing practices based on the patient's needs and the available resources.



Criteria for home care and isolation for people with mpox

People with suspected or confirmed mpox can isolate at home if:

- ☒ A health professional confirms that they're suitable for home isolation.
- ☒ They have mild, uncomplicated mpox symptoms.
- ☒ They are not at increased risk for severe infection
- ☒ They can manage self-care or have a dedicated caregiver.
- ☒ They or the caregiver can adhere to required precautionary measures within the home.
- ☒ They have access to water, hygiene, and cleaning supplies.
- ☒ They can be monitored until symptoms fully resolve.



Key messages to provide to people with mpox, families and caregivers

- **Isolate from others:** Maintain a distance of at least 1 metre from the person with mpox. If that is not possible, caregivers should wear appropriate PPE (medical mask and disposable gloves).
- **Hand hygiene:** For everyone, clean hands (using soap and water or alcohol-based handrub) at key moments, including after toilet use, eating or handling pets.
 - **Person with mpox:** Clean hands before/after covering lesions and wearing a mask if exiting isolation area.
 - **Caregiver:** In addition to the moments outlined for everyone above, clean hands before/after PPE use, after touching the person isolating, after cleaning items or surfaces in isolation and after leaving the isolation area.
- **Cleaning and disinfection:** Ensure that someone, ideally the person with mpox, cleans and disinfects high-touch areas daily. Clean with soap and water, then disinfect with at least a 0.05% household bleach with a contact time of 1 minute.
 - When cleaning, wear gloves and a mask. If medical masks and gloves are not available, consider the use of other barriers, such as reusable gloves and a well-fitting fabric mask.
 - Spraying or fogging is not recommended.
- **Laundry:** Laundry should be done by the person with mpox or a designated caregiver.
 - Do not shake laundry/fabrics used by the person with mpox, gently roll instead.
 - Always keep the laundry used by the person with mpox separate from other household laundry.
 - Wash laundry with detergent and warm or hot water for at least 20 minutes. If that is not possible, wash laundry in warm water and 0.05% chlorine solution for 20 minutes. Hang the cleaned laundry in direct sunlight until it is dry.
- **Water, sanitation and waste management**
 - **Water:** Ensure 15L/person/day for family, plus 20L/day for the infected person and ensure safe storage.
 - **Toilets and showers:** Use a dedicated toilet or disinfect shared facilities after each use.
 - **Waste disposal:** While wearing PPE, place all waste from isolation in a tightly closed bag for municipal disposal or safely bury and burn the waste away from others.