

GUIDANCE FOR CLEANING AND DISINFECTING DURING AND AFTER ISOLATION FOR MONKEYPOX

Monkeypox is spread through close, physical contact between individuals. Please, avoid direct contact with other individuals until all symptoms have resolved, including full healing of the rash with formation of a fresh layer of skin. Ideally, people with monkeypox would remain in isolation for the duration of illness, which typically lasts two to four weeks.

- Poxviruses have been shown to survive on non-porous and porous surfaces for 15 days, particularly when in dark, cool, and low humidity environments.
- During the infectious period, it is important to limit direct contact with porous surfaces that cannot be laundered (e.g., mattresses, upholstered furniture, car seats, coversheets, waterproof mattress covers, blankets, disposable mattress liners) that can then be removed and laundered or discarded.
- If cleaning and disinfection is done by someone other than the individual with monkeypox, they should wear clothing that fully covers the skin, disposable medical gloves, and a respirator or well-fitting mask.
- All clothing worn during cleaning should be immediately laundered.
- After removing PPE, perform hand hygiene using soap and water. Consider using an alcohol-based hand sanitizer that contains at least 60% alcohol after washing hands with soap and water.

Step 1: Collect and Contain Waste

- When possible, the person with monkeypox should use a dedicated and lined trash can in the area where they are isolating.
- Collect and contain in a sealed bag any soiled waste such as bandages, paper towels, food packaging, and other general trash items.

Step 2: Launder Linens and Clothing

- When possible, the person with monkeypox should handle and launder their own soiled laundry.
- Gather all potentially contaminated clothing, bedding, towels, and surface coverings into a plastic garbage bag or launderable fabric bag before cleaning and disinfecting the rest of the room.
- Do not shake the clothing or linens as this could spread infectious particles.
- Items should not be mixed with laundry from other individuals.
- Wash and dry with the warmest temperatures recommended on the fabric label and follow detergent label and instructions for use. Discard plastic garbage bags that were used to contain soiled laundry. If in-home laundry facilities (not shared with other households) are not available, contact your local health department to determine appropriate laundering options.
- Perform hand hygiene using soap and water or an alcohol-based hand sanitizer that contains at least 60% alcohol after handling soiled laundry.

Step 3: Clean Before Using Disinfectants

- Soiled areas must first be cleaned to ensure the effectiveness of the disinfectant product. Clean surfaces using water and soap or detergent to reduce soil and debris.
- Do not dry dust or sweep surfaces to avoid spreading infectious particles. Instead, use wet cleaning methods.
- Always follow the cleaning and disinfection product label instructions for safe and effective use.

Step 4: Disinfection of Non-Porous (Hard) Surfaces and Objects

- Examples of non-porous surfaces and objects include tables, countertops, door handles, toilet flush handles, faucets, light switches, and sex toys/paraphernalia.
- Products that are registered for use in New York State that have been included on U.S. EPA's List Q can be found at <https://www.dec.ny.gov/nyspad/?0>. Instructions for identifying these products is also included at this link.
- Follow label instructions when using disinfectants to ensure the target virus is effectively killed on the type of surface you are treating. Pay attention to the contact time disinfectants should be left on surfaces to be effective (including disinfecting wipes). Carefully follow instructions for the dilution of concentrated products to ensure effective use.
- Disinfectant products can only be applied using a labeled application method.
- Use products in well ventilated areas.
- Do not mix disinfecting products. Mixing different products can produce toxic fumes.
 - Follow manufacturer instructions for cleaning and disinfecting personal sex toys, apparatuses, or appliances between uses including before and after use with any sexual partner(s).



Step 5: Porous (Soft) Surfaces, Carpets, and Upholstery

- Individuals who are isolating should limit direct contact with soft and porous surfaces that cannot be laundered during the infectious period. This can be done by placing a cover over the surface that can then be removed and laundered or discarded.
- Steam cleaning may be considered if excessive contamination of porous surfaces has occurred.

Step 6: Disposal of Waste

- Place all used PPE and other disposable items in a bag that can be tied closed before disposal with other waste.
- The individual handling the waste should wear disposable gloves and perform hand hygiene after disposing of waste.
- Professional cleaning services should treat and/or dispose of waste according to federal, state, and local laws and regulations.

If you have questions or concerns, please contact your health care provider.

Additional information may be found at:

<https://www.health.ny.gov/diseases/communicable/zoonoses/monkeypox/>

<https://www.cdc.gov/poxvirus/monkeypox/>

