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DEPARTMENT OF HEALTH AND HUMAN SERVICES

DIVISION OF PUBLIC AND BEHAVIORAL HEALTH

Helping people. It's who we are and what we do.



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Disinfection and Housekeeping Guidance for Mpox (Formerly known as Monkeypox)

What is mpox?

Mpox is a rare disease caused by an infection with the mpox virus. It is in the same family of viruses as the smallpox virus. The symptoms of mpox are similar to smallpox but are typically milder. Mpox is rarely fatal.

What are the symptoms of mpox?

Symptoms usually appear 7-14 days after exposure but can range from 5-21 days. Illness typically lasts for 2-4 weeks.

Symptoms can include:

- Fever
- Headache
- Muscle aches and backaches
- Chills
- Exhaustion
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)
- Rash may be located on or near the genitals or anus but could also be on other areas like the hands, feet, chest, face, or mouth. The rash evolves through four stages, including scabbing over, before healing. The rash can look like pimples or blisters and may be painful or itchy.



Photo credit: NHS England High Consequence Infectious Disease Network & UK Health Security Agency

What should I do if I have symptoms of mpox?

- See a healthcare provider if you notice a new or unexplained rash or other mpox symptoms. If you do not have a health care provider, contact your local health department:
 - **Nevada Division of Public and Behavioral Health (DPBH):** (775) 684-5911 (M-F 8:00 AM to 5:00 PM); (775) 400-0333 (after hours)
- Avoid close contact (including intimate physical contact) with others until a healthcare provider examines you.
- Avoid close contact with pets or other animals until a healthcare provider examines you.
- If you're waiting for test results, follow the same precautions.
- If your test result is positive, stay isolated until your rash has healed, all scabs have fallen off, and a fresh layer of intact skin has formed.

How does mpox Spread?

Mpox can spread to anyone through close, personal, often skin-to-skin contact, including:

- Direct contact with mpox rash, scabs, or body fluids from a person with mpox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with mpox.
- Contact with respiratory secretions.

It's also possible for people to get mpox from infected animals, either by being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal. A person with mpox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.

For more information on mpox see <https://www.cdc.gov/poxvirus/mpox/index.html>

Personal Protective Equipment

Staff should wear proper Personal Protective Equipment (PPE) when cleaning and sanitizing affected areas. Proper PPE includes:

- Plastic gown or covering that can be disposed of in a biohazard bag or washed separately.
- Gloves that can be disposed of in a biohazard bag.
- Face shield or goggles.
- Tight fitting mask or respirator. If the facility requires an employee to wear an N95 mask or a respirator, proper Occupational Safety and Health Administration (OSHA) respiratory guidelines must be followed including fit testing and a mandatory training program.
- Long sleeve shirts and long pants.

If staff needs help acquiring proper PPE please contact the Public Health Preparedness Program Manager at esf8desk@health.nv.gov

What Cleaning Products to Use

Do not dry dust or sweep as this may spread infectious particles. Wet cleaning methods are preferred such as disinfectant wipes, sprays, and mopping. Vacuuming is acceptable using a vacuum with a high-efficiency air filter. If not available, ensure the person vacuuming wears a well-fitting mask or respirator.

- Use an [EPA-registered disinfectant](#), in accordance with the manufacturer's instructions.
- 1000 ppm bleach solution for hard surfaces (1/2 cup bleach to 1 gallon of water)
- Any household disinfectant such as Lysol, Clorox, 409, Arm and Hammer, etc.

Areas to be Cleaned

The following areas must be thoroughly cleaned using the above required cleaning products:

All hard contact surfaces such as doorknobs, light switches, remote controls, telephone, faucets, countertops, doors, walls, and hard floors.

Laundry Procedures

Used or contaminated clothing, linens and bedding materials, towels, and other fabric items should be contained until laundering. Soiled items should not be mixed with that of other rooms.

- Handle soiled laundry according to standard practices, avoiding contact with contaminants from the rash that may be present on the laundry.
- Soiled laundry should never be shaken or handled in a manner that may spread infectious particles.
- Transfer soiled laundry items to be laundered in an impermeable container or bag that can be disinfected afterwards. Alternatively, a fabric bag may be used that can also be laundered along with the soiled items.
- Wash laundry in a standard washing machine with detergent, following label instructions.

Uniforms & Clothing

Sharing items such as uniforms, clothing, and linens can spread the virus. Soiled uniforms that may have been contaminated should be removed in a well-ventilated area. Staff should wear gloves and a mask while removing their uniform in slow and cautious manner. Clothing should then be placed in a bag and brought to the laundry room for washing. Ensure proper PPE is used while handling soiled items. Soiled items should not be used by other individuals until they have been cleaned. Laundry and cleaning services should follow precautions when handling soiled linens.

Proper Hand-Washing Procedures

Employees should practice good handwashing etiquette to keep from getting and spreading infectious illnesses.

- Remind everyone in the facility to wash hands frequently.
- Handwashing with soap and water for at least 20 seconds.
- Dry hands with disposable paper towels.
- If staff can not properly wash their hands, hand sanitizer containing at least 60% alcohol should be used.

Questions or Concerns

For questions or more information, please contact the Office of State Epidemiology by sending an email to stateepi@health.nv.gov. Additionally, please visit our website for more information on mpox, <https://nvose.org/mpox/>.

Here are additional resources to check out:

[Mpox | Poxvirus | CDC](#)

[High-Contact Object and Surface Contamination in a Household of Persons with Monkeypox Virus Infection — Utah, June 2022 | MMWR \(cdc.gov\)](#)

[Accidental Exposure to Orthopoxviruses | Pox Viruses | CDC](#)