

## If a clinician recommends that you receive an *Orthopoxvirus* test

Isolate at home to avoid spread of infection to others. An Orthopoxvirus test is used to determine if you might have monkeypox (hMPXV).

While you are waiting for results, take the following precautions. If your test result is positive, continue precautions until your healthcare provider says it's time to stop (typically when the rash has resolved).

- Cover the rash, for example, with long sleeves or long pants.
- If you can't easily cover your rash, or you have a weeping rash or cough, sore throat, or runny nose, isolate yourself from other family members and pets.
- Avoid use of contact lenses to prevent infection of the eye.
- Avoid shaving areas where you have rash. This can lead to spread of the virus.
- If possible, use a separate bathroom than other household members.
- Put any waste from dressings, bandages or gloves into a sealed plastic bag. Dispose of these sealed plastic bags in a dedicated trash can in the room where you are isolating.
- Put the trash bag into another sealed plastic garbage bag when you dispose of trash.
- Use gloves when removing garbage bags and handling and disposing of trash.
- Don't invite unexposed persons into your home unless it's essential for them to be there.
- Avoid contact with pets and other animals. Others at home should care for pets when possible.
- Wear a surgical mask, especially if you have cough, sore throat, or runny nose.
- Clean your hands with soap and water or alcohol rub regularly. Also clean them after touching the rash or any clothing, linens, or surfaces that may have had contact with the rash.
- Call Emergency Medical Services if your symptoms worsen or you have trouble breathing. Inform them that you are awaiting the results of an Orthopoxvirus test so they can take appropriate precautions.

**If one of your family members is waiting for *Orthopoxvirus* test results or had a positive test:**

- Limit close contact with the person awaiting test results.
- Wear a surgical mask around the person who is awaiting test results.
- Clean your hands with soap and water or alcohol rub regularly. Also clean them after touching the ill person's rash or any clothing, linens, or surfaces that may have had contact with the rash.
- Wash bedding, clothes, and other laundry in a standard washing machine with warm water and detergent; bleach may be added but is not necessary. Avoid direct contact with bedding and don't shake soiled laundry.
- Don't share dishes or eating utensils with the person awaiting test results. Soiled dishes and eating utensils should be washed in a dishwasher or by hand with warm water and soap. Others can use dishware used by the person awaiting test results after it's properly washed.
- Clean and disinfect contaminated surfaces. Standard household cleaning/disinfectants may be used, following the manufacturer's instructions.
- Follow the CDC's guidance on disinfection for home settings.

**If you have a negative test for *Orthopox*, you can stop taking these special measures.**

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhsoha.state.or.us](mailto:COVID19.LanguageAccess@dhsoha.state.or.us)