# Monkeypox Testing FAQs

## How is monkeypox spread?

* Direct contact with rash, sores, or scabs from a person with monkeypox.
* Monkeypox can be spread during sex through skin-to-skin and other sexual contact.
* Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
* Through respiratory droplets, oral fluids (saliva) through kissing, and other face-to-face contact.

People with monkeypox may continue to spread it to others until rash is gone, all the scabs have fallen off, and the skin is healed. **Brief contact without touching is not** **high risk.**

## When will I get my results?

* It may take  **2 - 4 days** to receive your test results.
* You will receive a phone call with your results. Results will also be available via eCare.
* **Please do not call the emergency department, clinic, or lab for test results.**

## What do I do while I wait for my test results?

* Do not return to your regular activities. Do not go to work, school, church, or public areas.
* Avoid using public transportation, ridesharing, or taxis if possible. If you must use public transportation, always wear a mask, avoid contact with others, and make sure rash is covered.
* Stay separated from others except to get medical care. If you seek care, tell them ahead of time that you are being tested for monkeypox and wear a mask.
* Follow the instructions for isolation.

## What do I do if my test is ...?

**Positive**- You have the virus that causes monkeypox and you can spread it to others.

### Next steps:

* Continue to separate from others except to get medical care.
* Follow the instructions for isolation.
* Your provider will talk about treatment options if needed.
* You will receive a phone call from Public Health. They will ask who your close contacts are and who shares your living space.
* If you need to seek health care, call ahead before your visit, and tell them you have tested positive for monkeypox. Always wear a mask and keep the rash covered.

### When can my isolation end?

Most people recover in 2 - 4 weeks. Stay separate from others until rash is gone, all the scabs have fallen off, and the skin is healed.

**Negative-**It is unlikely you have monkeypox. Other infections can cause the same symptoms, you can discuss these with your provider.

### Next steps:

* Stay separate from others until you are feeling better.
* If your symptoms get worse call your health care provider.

# Isolation Instructions

Stay separate from others except to get medical care. Do not go to work, school, church, or public areas. Avoid using public transportation, ridesharing, or taxis.

If you must use public transportation, always wear a mask, avoid contact with others, and make sure rash is covered.

Keep yourself separate from other people as much as possible. Stay in a separate room or space and away from other people. **Stay separated until rash is gone, all the scabs have fallen off, and the skin is healed.**

Use a separate bathroom if possible. If sharing a bathroom, clean the surfaces such as counters, toilet seats, and faucets after each use.

Clean your hands often. Wash your hands with soap and water for at least 20 seconds. You can also use hand gel.

Do not share items with other people.. This includes sharing dishes, drinking glasses, cups, eating utensils, towels, or bedding. After using these items, wash with soap and water.

Clean all frequently touched surfaces regularly. This includes counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

Clean any surfaces that may have blood, stool, or body fluids on them.

Use a household cleaning spray or wipe according to the label instructions.

Avoid contact with pets. If possible, have friends or family members care for pets until you are fully recovered.

It is possible to give monkeypox to pets and there is no animal treatment available.

Keep any bandages, clothing, towels, and bedding away from pets, other animals, and wildlife, to prevent monkeypox transmission.

### When seeking care at a healthcare facility:

* Call ahead and tell them you have monkeypox.
* Always wear a facemask.

### Resources:

**Monkeypox-** **CDC (Centers for Disease Control)**

cdc.gov/poxvirus/monkeypox/faq.html

**Monkeypox- WA State Department of Health**

doh.wa.gov

**Social Gatherings, Safer Sex and Monkeypox-** **CDC**

cdc.gov/poxvirus/monkeypox/specific-settings/social-gatherings.html

**Monkeypox Facts for People Who are Sexually Active- CDC**

cdc.gov/poxvirus/monkeypox/sexualhealth/index.html

**Disinfecting Home and Other Non-Healthcare Settings- CDC**

cdc.gov/poxvirus/monkeypox/specific-settings/home-disinfection.html

### Community Resources:

**WA State Resources for Financial Assistance**

dfi.wa.gov/coronavirus/financial-resources

**WA State Resources for Food and other Assistance**

washingtonconnection.org/home/exploreoptions.go