

Use this guide sheet to understand: (a) the levels of risk to Monkeypox exposure, (b) what to do if you have symptoms, and (c) the simple ways of protecting yourself against contracting it.

WHAT IS MY RISK OF MONKEYPOX?

Risk for exposure is categorized into the following tiers:

High Risk

Close contact with someone who has symptoms of monkeypox such as:

- Hugging, kissing, and cuddling
- Sexual contact
- Sharing items (e.g., bedding, towels, clothing)

Medium Risk

- Extended periods of close face-to-face interaction (e.g., breathing, coughing, talking) with someone who has symptoms without a mask
- Attending a crowded indoor event with non-fully clothed people

Minimal Risk

- Attending an outdoor event with fully clothed people
- Trying on clothes at the store
- Traveling in an airport, on a plane, or public transit
- Swimming in a pool, hot tub, or body of water
- Going to public areas (e.g., grocery store, restaurant, workplace, classroom, restroom)

WHAT IS MY RISK FROM TOUCHING SURFACES OR HANDLING SOILED LINENS?

Your risk is low with normal precautions

1. Always wear gloves when handling dirty linens or doing environmental services and cleaning.
2. Wash your hands regularly but especially before and after handling soiled items, eating, or wearing gloves.

3. Always wipe shared equipment before and after use.
4. Use a standard disinfectant to disinfect the home and workplace. Check that it is EPA-registered. Always read and follow the instructions including allowing the surface to remain wet for the recommended time.
5. Laundry (e.g., bedding, towels, clothing) may be washed in a standard washing machine with warm water and detergent. Do not shake or handle soiled laundry in a way that may spread infectious particles. Wear gloves if handling someone else's laundry.

WHAT I NEED TO DO

- Don't come to work if you are feeling sick or have an undiagnosed rash. Seek medical attention and guidance.
- Avoid being around others who are sick.
- Wash your hands or use hand sanitizer regularly.
- Avoid contact with another person's rashes or lesions.
- Food Preparers and Housekeeping Staff - Wear protective gloves when:
 - Handling or preparing food.
 - Handling linens or doing environmental services.
- Wear a mask indoors.
- Contact EHS@usc.edu or (323) 442-2200 for more information.

REFERENCES

- [CDPH - Monkeypox](#)
- [CDPH - Monkeypox Risk](#)
- [LADPH - Monkeypox](#)
- [CDPH - Monkeypox vs COVID-19](#)
- [CDC - Monkeypox: Home Disinfection](#)