



Monkeypox Guidance and Resources for Residential Congregate Settings

This document provides guidance on monkeypox prevention, care and response for residential congregate settings in New York City (NYC) and includes information on:

- Monkeypox symptoms and transmission
- Infection prevention and control measures
- Isolation guidance for residents and staff
- Vaccination
- Treatment and care
- Additional resources and references

Residential congregate settings include any place where people who are not related reside, may be close to one another and share at least one common room (such as a sleeping room or bedroom, kitchen, or bathroom). Many residential congregate settings in NYC are subject to regulations and guidelines from other City, state or federal agencies. Organizations should also review guidance for their setting types as provided by their accreditation or licensing authorities. Colleges and universities should review the document titled **Questions and Answers Regarding Monkeypox for Administrators and Staff of Institutions of Higher Education Such as College and Universities** (available at health.ny.gov/Higher_Ed_FAQ).

Monkeypox Symptoms and Transmission

Monkeypox is a contagious disease caused by the monkeypox virus. It can cause sores that may look like pimples or blisters, be firm to the touch and have a dip in the center. Eventually, a scab will form on the sores, then fall off. The sores may be all over the body or on certain parts, such as the face, hands or feet, or around or inside the mouth, genitals or anus.

Some people also have flu-like symptoms — such as fever, chills, sore throat, swollen lymph nodes, headaches and tiredness — before or at the same time as the sores appear. Symptoms usually start three to 17 days after exposure (but may not appear for up to 21 days) and can last for two to four weeks.

Monkeypox is most often spread through direct contact with sores of someone who has the virus. In this outbreak, monkeypox has spread mainly during close, intimate contact, such as during oral, anal and vaginal sex, kissing, cuddling, and massage. Monkeypox can also spread through contact with clothing, bedding or other items (such as cups and silverware) used by someone who has the virus, or from breathing in respiratory droplets from them while in very close contact for a prolonged period of time. Anyone can get monkeypox, regardless of their gender or sexual orientation. The risk of severe monkeypox illness may be higher among people who have HIV or other conditions that weaken their immune system, or a history of atopic dermatitis (eczema).

Isolation and Exposure Guidance

Isolation

- Refer people who have monkeypox symptoms for medical evaluation as soon as possible.
 - People who monkeypox symptoms should isolate in a room separate from others while awaiting their test results.
- In residential congregate settings, any person who tests positive for monkeypox **should isolate away** from others until all sores have healed and a new layer of skin has formed, which can take two to four weeks.
 - Isolation spaces should have a door that can be shut.
 - If a separate bathroom is not available, wipe down surfaces such as counters, toilet seats, and faucets with a U.S. Environmental Protection Agency (EPA)-registered disinfectant after each use.
 - When possible, people who have monkeypox should use their own, dedicated trash can, which should be lined with a trash bag, where they are isolating.
- People who have confirmed monkeypox should take the following additional precautions until all sores have healed and a new layer of skin has formed:
 - Do not have oral, anal or vaginal sex, or other close, intimate contact.
 - Frequently wash hands with soap and water or use an alcohol-based hand sanitizer, especially after directly touching a sore.
 - Limit direct contact with soft and porous surfaces that cannot be laundered such as upholstered furniture. Place a cover over soft and porous surfaces that can then be removed and laundered or thrown away.
 - If people need to leave their isolation space, they should:
 - Fully cover all sores with bandages or clothing (including gloves if they have sores on their hands)
 - Wear a well-fitting face mask
 - Avoid physical contact and crowded spaces
 - Wipe the toilet seat after use with a disinfectant wipe when in a public or shared bathroom
 - **Not** share or let others touch their clothing, towels or bedding
 - **Not** share dishes, food drinks or utensils
- **Staff should stay out of work** while awaiting their test results. Staff who test positive for monkeypox should not return to work until sores have healed and a new layer of skin has formed.
 - For more information, visit on.nyc.gov/monkeypox-non-health-care-workplaces.

Contact Investigation

- The risk of monkeypox transmission is low during most activities.
- Higher-degree exposure is currently defined by the Centers for Disease Control and Prevention (CDC) as having had any of the following interactions with someone who have confirmed monkeypox while they were symptomatic:
 - Sexual contact, including oral, anal or vaginal sex
 - Close, intimate contact, including hugging, cuddling or kissing

- Contact between any broken skin or mucous membranes and the sores or body fluid of the person who has confirmed monkeypox or materials (such as clothes and linens) that may have touched their sores or body fluids
 - For more information, visit [cdc.gov/poxvirus/monkeypox/clinicians/clinical-guidance.html](https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-guidance.html) and click **Monitoring Persons Exposed**.
- Quarantine is not currently recommended for people who have been exposed to monkeypox.
- People who have been exposed to monkeypox should monitor for symptoms for 21 days. People who have monkeypox symptoms should isolate and be referred for medical evaluation as soon as possible.

Infection Prevention and Control

Cleaning

- You can maintain routine cleaning practices in your residential congregate setting unless a confirmed monkeypox case is identified.
- Additional cleaning should be implemented if someone who has monkeypox is currently or was previously at your residential congregate setting while they had symptoms.
 - Many EPA-registered disinfectants can be used against the monkeypox virus.
 - For a list of EPA-registered disinfectants, visit [bit.ly/epa-disinfectants-list](https://www.epa.gov/epahome/epa-disinfectants-list).
 - First, clean surfaces and frequently touched objects, such as door handles, light switches and soiled areas, using water and soap, or detergent.
 - Use wet cleaning methods, such as liquid products or wet wipes. Avoid vacuuming, dry-dusting and sweeping.
 - Disinfect hard surfaces. Follow the manufacturer's directions for concentration, contact time, care and handling.
 - For soft surfaces and upholstery, consider steam cleaning if there is excessive contamination of porous surfaces.
 - If your facility is regulated as a health care setting, visit [cdc.gov/poxvirus/monkeypox/clinicians/infection-control.html](https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control.html) and click **Infection Control in Healthcare Settings**.

Waste Disposal

- Place and contain soiled waste, such as bandages, paper towels and food packaging, and other general trash items in a sealed bag.
- Place all used personal protective equipment (PPE) and other disposable items in a bag that can be tied closed before disposing of it with other waste.
- Sites that routinely handle medical waste should place all cleaning-related waste in a sealable trash bag and dispose of it with their regular medical waste.
- Sites that **do not** routinely handle medical waste should place all cleaning-related waste in a sealable trash bag, place it in another trash bag and throw it away in the general trash.

Laundry

- Gather all potentially contaminated clothing, bedding, towels and surface coverings in a washable fabric bag or plastic garbage bag before cleaning and disinfecting the rest of the room.
- When possible, people who have monkeypox should handle and wash their own laundry.

- Do not shake clothing or linens as doing so may spread infectious particles.
- Items should not be mixed with other people’s laundry.
- Wash and dry items using the warmest temperatures recommended on fabric labels. Follow detergent labels and instructions. Throw out plastic garbage bags that were used to contain soiled laundry. Washable laundry bags can be washed with the laundry.
- Wash hands using soap and water or an alcohol-based hand sanitizer that contains at least 60% alcohol after handling soiled laundry.
- For more information, visit on.nyc.gov/monkeypox-laundry.

PPE

- Gowns, gloves, eye protection and respirators (such as KN95, N95 or other high-quality masks) should be worn by staff and other people when entering isolation areas.
- While cleaning or handling waste, staff and other people should wear clothing that fully covers their skin, disposable gloves, and an N95 or a KN95 respirator that covers their mouth and nose.
- When handling laundry from people who have confirmed or suspected monkeypox, staff should wear a gown, gloves, eye protection and a well-fitting N95 or KN95 respirator.
- After removing PPE, wash hands using soap and water. Consider also using an alcohol-based hand sanitizer that contains at least 60% alcohol after washing hands.

Vaccination

- Eligible people who may have been recently exposed to monkeypox can get the JYNNEOS vaccine. The JYNNEOS vaccine is approved for the prevention of monkeypox in people who have been exposed. Getting vaccinated after a recent exposure may reduce the chance of getting monkeypox and severity of symptoms if infected.
 - The NYC Department of Health and Mental Hygiene will contact people who have been exposed to advise them whether vaccination is recommended and, if so, help them get vaccinated.
- Vaccination is free and available, regardless of immigration status or where you live.
- To schedule an appointment to get the JYNNEOS vaccine, call 877-VAX-4NYC (877-829-4692) or visit vaccinefinder.nyc.gov.
- For more information about the JYNNEOS vaccine, visit on.nyc.gov/jynneos-vaccine-faq.
- For up-to-date information on current eligibility for people **without** a known exposure, visit nyc.gov/health/monkeypox.
- To stay up to date on vaccine availability, text “MONKEYPOX” to 692-692 or “MONKEYPOXESP” for Spanish.

Treatment and Care

There is no specific treatment approved for monkeypox. However, an antiviral called tecovirimat (TPOXX), approved to treat smallpox, can be used for people who are at high risk for severe illness or have severe symptoms from monkeypox. A health care provider can prescribe TPOXX as well as mouthwash, gels and other medicines to help reduce pain, swelling and itchiness, and can give advice about over-the-counter symptom relief. For additional guidance on caring for people who have monkeypox and help reduce their symptoms using nonprescription medicines and remedies, visit on.nyc.gov/monkeypox-when-sick.

Severe illness due to monkeypox may include a fever, rapid increase in the number of sores, confusion, stiff neck, difficulty breathing, seizure, diarrhea and vomiting. Contact a provider if symptoms get worse, including increases in pain, redness or swelling; if cloudy or milky fluid is observed at the site of the sores; or if pain interferes with eating, sitting or going to the bathroom. If it is an emergency, call **911**.

Additional Resources and References

- Residential congregate settings in NYC may be eligible to get N95 and other respirators and PPE approved by the National Institute for Occupational Safety and Health through the PPE Service Center. If you have a question about eligibility and access, email **ppesupport@health.nyc.gov**.
- God’s Love We Deliver is currently **providing meals** for people who have monkeypox for up to 30 days. To learn more or submit a request, visit **glwd.org**.
- The NYC Health Department has a limited number of isolation beds available for eligible people who have monkeypox and are not able to safely isolate otherwise. For more information or support with on-site isolation in your setting, email **isolationrequests@health.nyc.gov**.
- Access NYC helps New Yorkers access benefits, such as cash or food, during an emergency. For more information, visit **access.nyc.gov**.
- The Health Information Tool for Empowerment (HITE) provides an online directory of health and social services for to low-income, uninsured people living in NYC or Westchester County, or on Long Island. For more information, visit **hitesite.org**.
- Health care providers who want to prescribe TPOXX for their patients can email **MPXtherapeutics@health.nyc.gov** for assistance.
- To find or talk to a health care provider, New Yorkers can call **311** or 844-NYC-4NYC (844-692-4629), or visit **nyc.gov/health/map** or **expresscare.nyc**.
- NYC Well is a free and confidential mental health help line. NYC Well staff are available 24/7 and can provide brief counseling and referral to care in over 200 languages. Call 888-NYC-WELL (888-692-9355), text “WELL” to 65173 or chat online at **nyc.gov/nycwell**.
- To sign up for the NYC Health Department’s weekly monkeypox newsletter, email **MPVnews@health.nyc.gov**.
- To request a presentation for your organization, submit a request form (available at **survey.alchemer.com/s3/6886844/Speaker-Request-Form**) to the NYC Health Department’s Speaker’s Bureau.
- The following monkeypox guidance can be found on the New York State Department of Health (NYSDOH) and CDC’s websites:
 - Monkeypox Cases in Healthcare Delivery Settings (NYSDOH): Visit **health.ny.gov/diseases/communicable/zoonoses/monkeypox/providers/docs/2022-07-25_guidance_for_congregate_healthcare_settings.pdf**.
 - Monkeypox Cases in Non-healthcare Congregate Settings (NYSDOH): Visit **health.ny.gov/diseases/communicable/zoonoses/monkeypox/providers/docs/2022-07-25_guidance_for_congregate_non-healthcare_settings.pdf**.
 - Guidance for Cleaning and Disinfection of Non-healthcare Settings: During and After Isolation for Monkeypox (NYSDOH): Visit **health.ny.gov/diseases/communicable/zoonoses/monkeypox/docs/cleaning_and_disinfection_guidance.pdf**.
 - Considerations for Reducing Monkeypox Transmission in Congregate Living Settings (CDC): Visit **cdc.gov/poxvirus/monkeypox/community/congregate.html**.

- For educational materials and additional information about monkeypox, visit:
 - nyc.gov/health/monkeypox
 - health.ny.gov/diseases/communicable/zoonoses/monkeypox
 - cdc.gov/poxvirus/monkeypox/index.html
 - who.int/news-room/fact-sheets/detail/monkeypox
- Racial competency is critical in understanding and addressing health inequities caused by racism.
 - For an NYC Health Department toolkit to help people and organizations understand and address racial and social injustices that affect the health of New Yorkers, visit nyc.gov/health and search for **race to justice**.
 - For a list of diversity and inclusion resources from the NYS Office of Mental Health, visit omh.ny.gov and search for **diversity and inclusion resources**.

The NYC Health Department may change recommendations as the situation evolves.

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