



Mpox Resource Guide for Residential Congregate Settings

Mpox is a contagious disease caused by *Monkeypox virus*. Cases have mainly spread through sex and other intimate contact. In rare cases, it can spread through direct contact with surfaces or items that have been in contact with the rash or sores of someone who has mpox, or from prolonged face-to-face contact with someone with mpox.

This document is a resource on mpox isolation and exposure, vaccination, and infection prevention and control for residential congregate settings in NYC. 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). Congregate residential settings should follow the latest New York State (NYS) guidelines, as applicable, and guidance released by any relevant NYC or NYS oversight agency. Any applicable facility, NYS or oversight agency guidelines or policies supersede the recommendations outlined in this document.

For assistance managing residents or staff with mpox or mpox-like illness, call the NYC Health Department's Provider Access Line at 866-692-3641 or email csiru@health.nyc.gov.

Isolation and Exposure

Isolation

- Refer people who have mpox symptoms for medical evaluation as soon as possible.
- Staff who test positive for mpox should not return to work until sores have healed and a new layer of skin has formed. This can take approximately two to four weeks from when the rash or sores first appear.
- Residents with mpox should stay away from others to the extent possible until all sores have healed and a new layer of skin has formed. Isolation spaces should have a door that can be shut.
- People who have confirmed mpox should take the following additional precautions until all sores have healed and a new layer of skin has formed:
 - Do not have sex (oral, anal or vaginal) or other intimate physical contact, such as hugging, kissing or massage.
 - Wash hands often with soap and water (preferred) or use an alcohol-based hand sanitizer, especially after directly touching a rash or sore.
 - Limit direct contact with soft and porous surfaces, such as upholstered furniture, that cannot be laundered. This can be done by placing a cover over the surface that can then be removed and laundered or discarded.
 - If people need to leave their isolation space (for example, to attend medical appointments), they should:
 - Fully cover all sores with bandages or clothing (including gloves if there are sores on their hands).

- Wear a well-fitting face mask that covers both their nose and mouth.
- Avoid physical contact and crowded spaces.
- When using a public or shared bathroom, wipe the toilet seat after use with a disinfectant wipe.
- Not share or let others touch their clothing, towels or bedding, and not share dishes, food, drinks or utensils.

Exposure

- The risk of mpox transmission is low during most activities.
- Quarantine is not currently recommended for people who have been exposed to mpox.
- Exposure can occur during the following interactions with someone who has mpox:
 - Intimate physical contact, including oral, anal or vaginal sex and other intimate physical contact such as hugging, kissing, biting, cuddling and massage
 - Other direct skin-to-skin contact with their rash or sores
 - Prolonged face-to-face contact
 - Contact with clothing, bedding or other items used by a person with mpox
 - Passing of the virus to a fetus during pregnancy or to the newborn during and after birth
- It is not yet known whether mpox can spread through semen, vaginal fluid, urine or feces.
- For more information on exposure risk, visit [cdc.gov/mpox/php/monitoring](https://www.cdc.gov/mpox/php/monitoring).
- The JYNNEOS vaccine should be given as post-exposure prophylaxis to people with known high-risk exposure to mpox and be considered for intermediate-risk exposures. The CDC recommends the vaccine be given within four days of exposure to prevent the onset of disease. Vaccines given between four and 14 days from the date of exposure may reduce symptoms of disease but may not prevent disease.
 - To find a vaccination site, visit vaccinefinder.nyc.gov.
- People who have mpox symptoms should isolate and be referred for medical evaluation as soon as possible.
 - People without a health care provider can call NYC Health + Hospitals' Virtual ExpressCare at 631-EXP-Care (631-397-2273), 24/7, or visit expresscare.nyc for low- to no-cost care, regardless of immigration status.

Vaccination

- The JYNNEOS vaccine is recommended for people who are at risk for mpox.
- To find out who should receive the JYNNEOS vaccine and for more information, visit nyc.gov/mpox and click on [Mpox Vaccination](#) in the top menu bar.
- To find a vaccination site, visit vaccinefinder.nyc.gov.

Infection Prevention and Control

Cleaning, Waste Disposal and Laundry

- Additional cleaning should be implemented if someone who has mpox is currently or was previously at your residential congregate setting while they had symptoms.

- Use an Environmental Protection Agency-registered disinfectant from bit.ly/epa-disinfectants-list.
- People who have mpox should throw their garbage into their own dedicated trash can, which should be lined with a trash bag.
- Staff who are cleaning or handling waste should wear clothing that fully covers their skin, disposable gloves, and an N95 or KN95 respirator that covers their mouth and nose.
- For detailed information on cleaning and waste disposal after a confirmed mpox case, visit on.nyc.gov/mpox-cleaning-guidance.
- For detailed information on handling and washing of laundry after a confirmed mpox case, visit on.nyc.gov/mpox-laundry-guidance.

Personal Protective Equipment

- Employers are responsible for ensuring that workers are protected from exposure to mpox and are not exposed to harmful levels of chemicals used for cleaning and disinfection.
- Provide appropriate personal protective equipment for staff entering isolation areas.
- Staff who enter isolation areas should wear a gown, gloves, eye protection and a NIOSH-approved respirator (for example, an N95). If a NIOSH-approved respirator is not available, wear a well-fitting mask (KN95, KF94).

Additional Resources

To learn more about mpox, read these resources:

- **NYC Health Department:** Mpox: What To Do When Sick (nyc.gov/site/doh/health/health-topics/mpox-when-sick.page)
- **CDC:** Considerations for Reducing Mpox Transmission in Congregate Living Settings (cdc.gov/mpox/php/public-health-strategy/congregate-settings.html)
- **CDC:** How Mpox Spreads (cdc.gov/mpox/causes/)
- **CDC:** Cleaning and Disinfecting (cdc.gov/mpox/caring/cleaning-and-disinfecting.html)

If your setting is regulated as a health care setting, read:

- **NYS:** Health advisory on mpox cases in health care delivery settings (bit.ly/nys-mpox-advisory)
- **CDC:** Mpox Infection Prevention and Control in Healthcare Settings (cdc.gov/mpox/hcp/infection-control/healthcare-settings.html)

For more information, visit nyc.gov/mpox.