



How to Safely Wash Your Laundry if You Have Mpox

Mpox (previously referred to as monkeypox) is a contagious disease caused by infection with an orthopoxvirus. Mpox is most often spread through direct contact with a rash or sores of someone who has the virus, or from coming in contact with clothing, bedding or other items used by them.

Reduce the Chance of Spreading Mpox

If you have a rash or sores on your body, wear clothes that are machine washable. Handle and do your own laundry, if possible, and use a washable, non-mesh, cloth laundry bag — do not use a dry cleaner or drop off your laundry for someone else to clean. Keep your laundry separate from other people in your household's laundry. If you need a friend or family member to do your laundry, ask them to wear a face mask and disposable gloves.

When doing your laundry:

- Gently put items, along with the bag, in the washing machine.
- Avoid shaking items while taking them out of the bag.
- Use hot water or the highest temperature setting.
- Use regular detergent. You do not have to use chlorine or color-safe bleach, or another sanitizer.
- Dry your clean, wet laundry at the highest temperature allowed. Check item labels for instructions.
- Air-dry any items at home that cannot be dried in a machine.
- If you are in a laundromat or other shared laundry room, take your clean, dry laundry out of the dryer, put it directly in the clean bag and fold it at home.
- Limit your time in public laundry spaces. If possible, go home between washing and drying your laundry, or go outside to avoid close contact with others.

For items that are **not** machine washable:

- Wash them in a sink or bathtub with detergent.
- Clean or disinfect those that come into contact with your rash or sores (such as watches, belts and hats) using the appropriate disinfectant from the U.S. Environmental Protection Agency's list (available at [bit.ly/epa-disinfectants-list](https://www.epa.gov/epahome/bio-disinfectants)).
- Put them in a sealed plastic bag for 21 days if they cannot be washed at home.