

Household cleaning and disinfection information

Monkeypox

Why is cleaning and disinfection important?

Monkeypox spreads from one person to another through prolonged close contact (by inhaling the infected droplets), or direct contact with infected bodily fluids, lesions, or scabs on the skin, or contaminated objects, such as bedding or clothes. It may also be passed on by direct contact during sex.

Monkeypox virus can survive on linen, clothing and on environmental surfaces, particularly in dark, cool, and low humidity environments. Porous materials (bedding, clothing, etc.) may harbour live virus for longer periods of time than non-porous surfaces (plastic, glass, metal).

Household items, such as clothing, bedding, towels, and frequently touched surfaces (door handles, taps, benchtops) may become contaminated during the infectious period.

Cleaning is the removal of soil, and other material from surface or items and is normally achieved by using water with soap products. Thorough cleaning is required before disinfection.

Disinfection uses chemicals (disinfectants) to kill germs on surfaces and objects. Some common disinfectants are bleach and alcohol solutions. You usually need to leave the disinfectant on the surfaces and objects for a certain period of time to kill the germs. Disinfection is recommended for all areas where a person with monkeypox has spent time during their infectious period, including vehicles, and for frequently touched items in the home (TV remote, chairs, door handles).

What products should I use to clean and disinfect my home?

Monkeypox viruses are sensitive to many household disinfectants, including detergent solution (soap and water) for cleaning and bleach solution for disinfection after cleaning. A single product (combined cleaning and disinfection agent) wipe or solution can also be used e.g., cleaning and disinfection wipes available at local supermarkets. Ensure an adequate number of wipes are used for the area and surfaces being cleaned and disinfected. Also, check the manufacturer's instructions for contact time.

Household members can clean and disinfect their own homes, but they must use correct personal protective equipment (PPE), including disposable gloves, eye protection such as goggles, and a surgical mask while they are cleaning.

Engaging external cleaners should be assessed on a case-by-case basis where household members are not able to clean their own homes.

People who are isolating alone at home

People with monkeypox who do not require hospitalisation may isolate at home. During home isolation, people with monkeypox should regularly clean and disinfect the spaces they occupy to limit household contamination. This includes commonly touched surfaces and items.

Perform hand hygiene after household cleaning using an alcohol-based hand sanitiser, or soap and water if an alcohol-based hand sanitiser is unavailable.

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People who are isolating in a home shared with others

People with monkeypox who are isolating in a home that they share with people who don't have monkeypox should follow isolation guidance. Any shared spaces, appliances, or items should be cleaned and disinfected immediately following use.

Regular cleaning and disinfection of the home environment using household disinfectant should be undertaken including frequently touched surfaces and items such as door handles, light switches, mobile phones, TV remotes and floors. Cleaning and disinfection can be done using a cleaning agent followed by a disinfectant or by using a product that has cleaning and disinfection properties in one product.

Particular attention should be paid to toilets and frequently touched surfaces in the bathroom to minimise cross-contamination.

What happens after I recover from Monkeypox?

At the end of the isolation period, all spaces in the home must be thoroughly cleaned and disinfected. Special attention must be paid to items and surfaces that were in direct contact with the skin of the person with monkeypox.

If you are using disposable wipes to clean and disinfect hard surfaces make sure you use an adequate number of wipes.

Always follow the directions on the label of cleaning and disinfection products to ensure safe and effective use. Make sure you follow the manufacturer's instructions for contact time (the amount of time that a disinfectant must stay wet on a surface in order to be effective at killing viruses).

When you have finished cleaning the home, you must clean the items you have used, such as buckets or mops. You must launder any reusable cleaning clothes in a separate laundry load.

Activities such as dry dusting or sweeping should be avoided to prevent dispersal of infectious particles. Wet or damp cleaning methods such as mopping are preferred.

Vacuuming is acceptable if using a vacuum with a high-efficiency air filter. If that is not available, make sure the person vacuuming wears a well-fitting respirator mask.

Clean the soft surfaces (couches, beds, carpets, rugs, and drapes) with soap and water or with cleaning products that are formulated for use on these surfaces. You may also steam clean any soft furnishings. Disinfect using products for use on soft surfaces if the item is contaminated with blood or body fluids from the infected person.

If someone with monkeypox has been isolating in a hotel or speciality accommodation, where cleaning and disinfection can be done in the first instance by the occupant this should occur, followed by the appropriate hotel specific clean. The premises must be made aware of the cleaning and disinfection that is required and PPE for staff. The premises can carry out the cleaning using these instructions, or they can engage external cleaners.

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Engaging external cleaners

If the person recovered from monkeypox or household members are not able to clean and disinfect the area or items, an external cleaning company can be engaged on a case-by-case basis.

When contacting the company make sure that control measures are in place to reduce cross contamination. Check the method of cleaning, product used and compatibility with the household items or furniture. The cleaning should be carried out to the standard of an infectious clean (not a forensic clean) using the recommendations outlined above.

Fogging or misting is not recommended.

Personal Protective Equipment (PPE)

- Disposable gloves
- Surgical mask
- Eye protection (such as goggles).

PPE must be worn when around people who are infected and while cleaning, disposing of waste, and washing linen and clothing.

Hand Hygiene

Perform hand hygiene with an alcohol-based hand sanitiser or with soap and water to reduce the spread of bacteria and viruses.

Hand hygiene should be performed before and after:

- Putting and removing PPE such as masks, gloves, and goggles
- Disposing of waste
- Using the bathroom
- Laundering linen
- Eating and drinking
- Cleaning and disinfection
- After any contact with a suspected or confirmed monkeypox case

How do I remove and launder bedding/bed linen?

Wearing PPE, remove the corners of the sheets off the bed carefully. Fold the sheets inwards until the bedding is all wrapped up. Bedding and towels should be handled gently without shaking or agitating the spread of infectious particles. Place in the bedding or towels into an impermeable container or bag that can be disinfected afterwards. Alternatively, a fabric bag may be used that can also be laundered along with the soiled items.

All bed linen and towels should be laundered using regular laundry detergents in a separate load to other household members in a warm or hot water cycle. Where warm or hot water is not available you should repeat the washing cycle.

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How do I dispose of waste?

Wearing PPE, waste should be placed directly into a garbage bag and tied off. Bagged waste should then be disposed of directly into the general waste bin (not into the recycling).

Removing PPE after cleaning

Remove PPE in the following order:

1. Remove your gloves
2. Perform hand hygiene
3. Remove your eye protection
4. Perform hand hygiene
5. Remove your mask
6. Perform hand hygiene

References

Centres for Disease Control and Prevention. [Isolation and Infection Control: Home](#). June 16, 2022

Centres for Disease Control and Prevention. [Disinfection of the Home and Non-Healthcare Settings](#). June 6, 2022

European Centre for Disease Prevention and Control. [Factsheet for health professionals on monkeypox](#) June 14, 2022

GAMA Healthcare. S-shaped method for cleaning

Infection Prevention and Control Expert Group. [Infection Prevention and Control Expert Group Interim Guidance on Monkeypox for Health Workers](#). June 24, 2022

NSW Health. [Monkeypox](#). July 4, 2022

Monkeypox Cleaning and Disinfection Quick Reference Guide (Domestic and Non-healthcare)

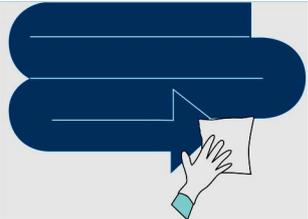
This cleaning and disinfection quick reference guide provides a step-by-step process for household members or anyone who is tasked with cleaning and disinfecting an area occupied by a person who has recovered from monkeypox. This guide is an example and steps can vary depending on the area, situation or person conducting the cleaning.

Clean and Disinfect household

Follow the below steps for cleaning and disinfection:

 	<p>Prepare for cleaning and disinfection</p> <p>Gather equipment e.g., cleaning solution or wipes, disinfection product, mop bucket, mop, disposable or reusable cloths, waste bag etc.</p> <p>Prepare cleaning and disinfection solutions. Disinfection product must be used as per the product label and manufacturer's instructions.</p> <p>If using wipes or dual-purpose (cleaning and disinfection) wipes, follow instructions on the label.</p>
   	<p>Put on your personal protective equipment (PPE)</p> <ol style="list-style-type: none"> 1. Wash hands before putting on and after taking off PPE 2. Surgical mask 3. Eye Protection 4. Gloves.
	<p>General waste containment</p> <p>Collect and contain in a sealed bag any soiled waste such as bandages, paper towels, food packaging, and other general trash items.</p>
	<p>Laundry</p> <p>Gather contaminated clothing and bed linen before anything else in the room is cleaned. Do not shake the bed linen as this could spread infectious particles.</p> <p>Load the dirty linen and clothing in the washing machine or bag for laundry if no washing machine available. Wash bed linen in a separate load to other household members in a warm or hot water cycle. Where warm or hot water is not available repeat the cycle using appropriate laundry detergent and dose.</p>

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	<p>Cleaning and disinfection</p> <p>Commence cleaning from top down of high-touch surfaces (e.g., door handles, light switches). Clean first with a solution of detergent or soap and warm water (dilution as per manufacturer’s instruction) or using pre-packaged wipes.</p> <p>Continue by wiping with a disinfectant solution (dilution as per manufacturer’s instruction), rinse or leave to dry as appropriate, as per manufacturer’s instructions.</p> <p>Working from clean to dirty, wipe in an ‘S’ shaped pattern, taking care not to go over the same area twice.</p>
 	<p>Commence cleaning of furniture, fixtures and fittings in the area</p> <ul style="list-style-type: none"> • Hard surfaces and household items • Carpet and flooring • Bathroom and toilet • Mop floor <p>Dispose of bagged waste in general waste bin.</p>
     	<p>Remove PPE in the following order:</p> <ol style="list-style-type: none"> 1. Remove gloves 2. Perform hand hygiene 3. Remove eye protection 4. Perform hand hygiene 5. Remove mask 6. Perform hand hygiene. <p>Note: if you have worn an apron or gown remove it after hand hygiene and before eye protection.</p>