

Information for people in isolation (Mpox, MPXV)

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1. General

Affected persons will receive further information and behavioural recommendations from the competent authority.

Your doctor may issue you with a certificate of incapacity for work.

The infection occurs via droplets or exhaled air, or from body fluids as well as through contact with infectious material of the skin lesions (blisters).

Further information can be found on the [website of the Liechtenstein Office of Health](https://www.llv.li/en/national-administration/office-of-public-health).
(<https://www.llv.li/en/national-administration/office-of-public-health>)

2. Procedure in case of suspicion of illness

People with symptoms should see a doctor.

If Mpox infection is suspected, laboratory diagnostics using PCR are indicated.

3. Procedure in case of illness

If you suspect an infection with Mpox, you should isolate yourself at home, provided that the health condition allows it and no hospitalisation is necessary.

Inform all close contact persons you have met since the onset of flu-like symptoms and indicate these contact persons to the contact tracing. In particular, contact persons must be informed that they monitor their own state of health, report to a doctor in case of fever or rash. Have no sexual contact and no contact with pets and animals for 21 days.

Avoid any sexual contact for 21 days after the positive test result.

Avoid contact with other people until the last crusts of the skin blisters have fallen off.

After your full recovery, use a condom for eight weeks to protect your sexual partner.

4. The following applies to isolation:

- During the isolation you should strictly stay at home, in the apartment or in your room, and are not allowed to receive people with your accommodation. If you live with other people, you should isolate yourself from them.
- Wear a surgical mask when in contact with other people.
- If you have to leave the house (e.g. for a visit to the doctor), you are not allowed to use public transport.
- Do not share your household items such as dishes, glasses, cups or kitchen utensils with other people. Clean these items after use in the washing machine or carefully with soap and water.
- Do not share towels or bed linen with other people, wash laundry separately at minimum 60 degrees. If other people do your laundry (sheets and clothes): Avoid skin contact with laundry (wear gloves or carry laundry in a garbage bag), do not shake laundry, the person should wear mouth and nose protection when handling dirty laundry.
- Cover the skin lesions as much as possible with dressings or bandages and avoid touching them as they contain viruses.
- Wash your hands regularly and disinfect surfaces near you if other people could touch them.
- Avoid contact with domestic animals and other animals and report previous contact with pets to the official doctor (these will report to the official veterinarian).

Call a doctor or health care professional (indicating possible exposure to the Mpox virus) if your health deteriorates or if any of the following warning signs occur:

- persistent fever;
- several days of persistent weakness.

If there are risk factors or risk constellations (chronic disease, immunosuppression, pregnancy, untreated HIV infection, infancy or infancy), this should be communicated to the doctor in any case.