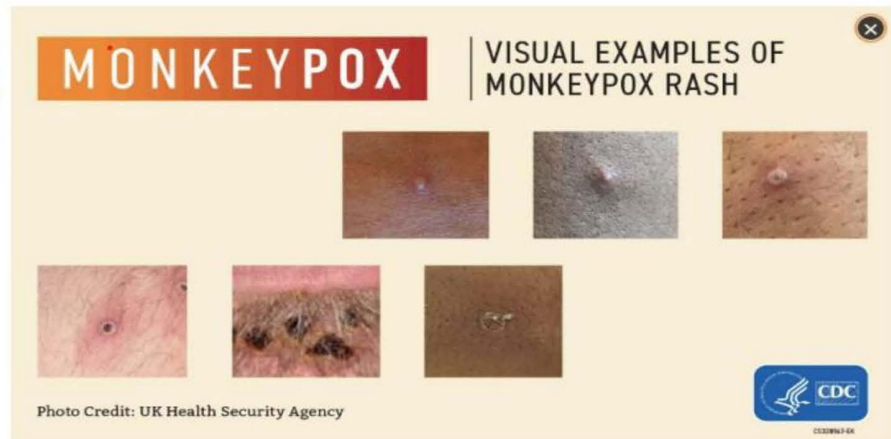
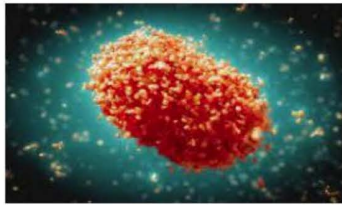
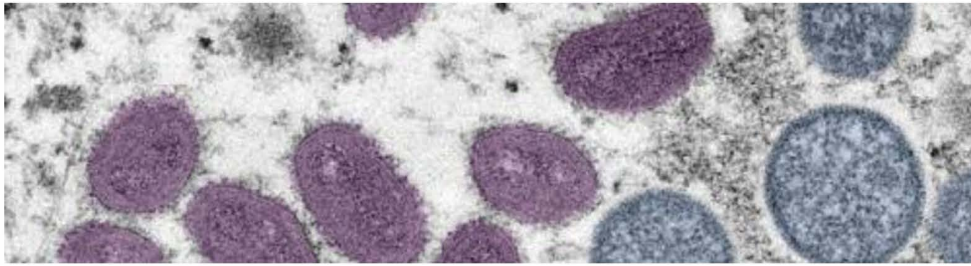


Monkeypox: The Basics



About Monkeypox

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox. Despite being named “monkeypox,” the source of the disease remains unknown.

Signs and Symptoms

Classic signs and Symptoms

- Starts with viral prodrome – fever/chills, headache, myalgia, exhaustion, sore throat or cough
 - Lymphadenopathy
 - Rash starts within 5 days of symptom onset
 - Rash more often on face and extremities than trunk
 - Lesions may be on palms or soles
 - Lesions often painful
 - A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.
 - Can resemble more common diseases –syphilis, herpes, chickenpox
- The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.



Current cases have different presentations

- Unusual distribution – initial lesions often in genital, anal/perianal area
- Fewer lesions
- Prodrome often but not always lacking or may occur after onset of rash

Generally, very mild illness not requiring hospitalization. As of July 18, CDC is continuing to report that there have been no deaths reported from non-endemic countries in the current outbreak

Transmission

Monkeypox spreads in different ways. The virus can spread from person-to person through:

- direct contact with the infectious rash, scabs, or body fluids
- respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex
- touching items (such as clothing or linens) that previously touched the infectious rash or body fluids
- pregnant people can spread the virus to their fetus through the placenta
- No Evidence at this time that people transmit before symptom onset.
- Good news: Not easily transmitted

Monkeypox is not a sexually transmitted infection in the typical sense, but it can be transmitted during sexual and intimate contact, as well as with personal contact and shared bedding/clothing.

Higher Risk Exposures

Even though it is not considered a sexually transmitted infection, monkeypox can spread during intimate physical contact between people. This contact can happen when you have sex, including:

- Oral, anal, and vaginal sex, or touching the genitals or anus of a person with monkeypox
- Hugging, massaging, kissing, or talking closely
- Touching fabrics, shared surfaces, and objects, such as bedding, towels, and sex toys, that were used by a person with monkeypox
- Anyone can get monkeypox if they have close personal contact with someone who has symptoms of monkeypox.

HIGH RISK (examples): Intimate skin on skin contact (even without sexual activity)

- Includes kissing, hugging, prolonged face-to-face contact • Sharing bedding, clothes or towels

INTERMEDIATE RISK (examples):

- Spending hours (3+) in the same room with a case, neither person wearing masks

LOW RISK (examples):

- Sitting in the same room with a case for less than 3 hours

CDC Fact Sheet: <https://www.cdc.gov/poxvirus/monkeypox/sexualhealth/index.html>

CDC Fact Sheet: <https://www.cdc.gov/poxvirus/monkeypox/specific-settings/social-gatherings.html>

Testing for Monkeypox

At this time, only lesions can be tested for monkeypox. So, if there isn't a rash or at least one lesion, the patient cannot be tested. There is no test for an asymptomatic contact.

• Samples:

- Swab of lesions, or fluid or crusts from lesions are best
- No test currently available for people without a rash
- CDC can test for antibodies under rare circumstances
- Results within 24-48 hours
-



• Instructions for Specimen collection:

<https://www.mass.gov/doc/instructions-for-specimen-collection-for-orthopoxvirus-testing/download>

MONKEYPOX CASE ISOLATION & CONTACTS MONITORING

CASES (Tested positive for Monkeypox)

CONTACTS

<ul style="list-style-type: none"> • Infectious Period: From the time any symptom* starts until the rash has fully healed and a fresh layer of skin has formed (illness typically lasts 2 – 4 weeks) 	<ul style="list-style-type: none"> • Incubation Period: Up to 21 days (typically 1 – 2 weeks)
<ul style="list-style-type: none"> • Isolation Period: People with monkeypox should isolate from symptom onset until rash has fully resolved, scabs have fallen off, and a fresh layer of intact skin has formed. • Isolation Monitoring Period: An in-person or telehealth visit with case's medical provider is required to confirm all lesions have resolved and that the case is recovered. The Brockton Board of Health should then be informed of this outcome. After confirming with the case's provider that the case has, indeed, fully recovered from Monkeypox, the BOH (in an official letter provided to case/respective personnel) releases the case from isolation. 	<ul style="list-style-type: none"> • Quarantine: No traditional quarantine. May continue routine activities IF ASYMPTOMATIC • Monitoring Period: Contacts of animals or people confirmed to have monkeypox should be monitored for symptoms for 21 days (including temperature-monitoring twice daily) after their last exposure. <ul style="list-style-type: none"> * Last date of exposure = Day 0 * 1st Day AFTER exposure = Day 1 of monitoring <p>Note: <u>Contacts that start developing symptoms must isolate, reach out to their medical provider (call ahead) and seek testing. Lesions should be covered, and they should be masked when coming to be evaluated by provider. Personal vehicle transportation preferred. Avoid sexual intercourse or being intimate with anyone prior to test results.</u></p>
<ul style="list-style-type: none"> • Therapeutics: <u>There are no treatments specifically monkeypox virus infection.</u> However, because of genetic similarities in the viruses, antiviral drugs used to treat smallpox may be used to treat monkeypox infections. • TPOxx (FDA approved for treatment of smallpox) may be recommended for people who are more likely to get severely ill, like people with weakened immune systems. 	<ul style="list-style-type: none"> • Vaccination: Post-exposure prophylaxis with vaccine a possibility depending on risk level & speed of notification (best received within 4 days, up to 14 days post exposure) • The U.S. government has two stockpiled vaccines (JYNNEOS and ACAM2000) that can prevent monkeypox in people exposed to the virus. At this time, individuals recovered from monkeypox would not be recommended or prioritized for vaccine.

Vaccine Eligibility

Vaccine supply is still limited nationally. MA will receive an allotment from the federal government (based upon number of cases). Vaccination will be available to individuals who live or work in Massachusetts and meet the CDC's current eligibility criteria, prioritizing those who



are most at risk of exposure to an individual with monkeypox.

This includes:

- Known contacts identified by public health via case investigation, contact tracing, and risk exposure assessments (this may include sexual partners, household contacts, and healthcare workers); as well as
- Presumed contacts who meet the following criteria:
 - Know that a sexual partner in the past 14 days was diagnosed with monkeypox
 - Had multiple sexual partners in the past 14 days in a jurisdiction with known monkeypox

The Massachusetts Department of Public Health will expand eligibility if and when more doses are received from the CDC. High Risk Contacts identified and referred through public health case investigation are not subject to the residency requirements in obtaining vaccine.

<https://www.mass.gov/info-details/monkeypox-vaccination>

Where to Go for Vaccine

JYNNEOS vaccine is available to individuals who live or work in Massachusetts and meet the CDC's eligibility criteria. Administration of JYNNEOS will be by appointment only at one of the designated health care locations listed online. Healthcare providers are responsible for performing risk and exposure assessment prior to referring a patient for vaccination.

Once a provider confirms vaccine eligibility, patients can make their own appointment, noting their provider determined the patient eligible for JYNNEOS. If someone cannot attend one of these designated providers, their medical provider must coordinate with MDPH for vaccine eligibility and distribution.

Vaccine appointments are available from: <https://www.mass.gov/info-details/monkeypox-vaccination>

ISOLATION GUIDANCE FOR POSITIVE CASES

AVOID CLOSE CONTACT WITH OTHERS. People with monkeypox should isolate until rash has fully resolved, the scabs have fallen off, and a fresh layer of intact skin has formed.

Follow these recommendations until cleared by local Board of Health:

- Limit exposure to others

- Do not leave the home except as required for emergencies or follow-up medical care.
 - Isolate in a room or area separate from other household members and pets.
 - Wear well-fitting source control (e.g., medical mask) if close contact with others cannot be avoided, such as when receiving medical care.
 - Other household members should wear a respirator or a well-fitting mask when in close contact (e.g., within 6 feet) with the person with monkeypox for more than a brief encounter.
 - Limit use of spaces, items, and food that are shared with other household members.
 - Do not engage in sexual activity and anything that involves direct physical contact.
 - Friends, family or others without an essential need to be in the home should not visit.
- Limit contamination within household
 - Do not share potentially contaminated items, such as bed linens, clothing, towels, wash cloths, drinking glasses or eating utensils.
 - Wash soiled dishes and eating utensils in a dishwasher or by hand with warm water and soap.
 - When possible, the person with monkeypox should change their own bandages and handle contaminated linens while wearing disposable gloves, followed by immediate handwashing after removing gloves.
 - * As a last resort, if assistance is needed with these activities, a household member should avoid extensive contact and wear, at a minimum, disposable medical gloves and a well-fitting mask or respirator. Any clothing that contacts the rash during dressing changes should be immediately laundered. Gloves should be disposed of after use, followed by handwashing.
 - Contain and dispose of contaminated waste, such as dressings, bandages, or disposable gloves
 - Routinely clean and disinfect commonly touched surfaces and items, such as counters or light switches, using an EPA-registered disinfectant (such as List Q) in accordance with the manufacturer's instructions.
 - Try to avoid contaminating upholstered furniture and other porous materials that cannot be laundered by placing coversheets, waterproof mattress covers, blankets, or tarps over these surfaces.
 - Additional precautions such as steam cleaning can be considered if there is concern about contamination.
 - Bathroom usage
 - If possible, use a separate bathroom if there are others who live in the same household.
 - If there is not a separate bathroom in the home, the patient should clean and disinfect surfaces such as counters, toilet seats, faucets, using an EPA-registered disinfectant (such as List Q) after using a shared space. This may include during activities like showering, using the toilet, or changing bandages that cover the rash. Consider disposable glove use while cleaning if rash is present on the hands.
 - Hygiene
 - Hand hygiene – the use of an alcohol-based hand rub or hand washing with soap and water – should be performed by people with monkeypox and household contacts after touching rash material, clothing, linens, or environmental surfaces that may have had contact with rash material.
 - Cover all skin rashes to the extent possible by wearing long sleeves or long pants. Gloves can be considered for covering rash on the hands when not in isolation such as when receiving medical care
 - Avoid shaving rash-covered areas of the body as this can lead to spread of the virus.
 - Avoid use of contact lenses to prevent inadvertent infection of the eye.
 - Considerations for isolating with animals in the home

In general, any mammal may become infected with monkeypox. It is not thought that other animals such as reptiles, fish or birds can be infected.

- If possible, friends or family members should care for healthy animals until the owner has fully recovered.

- Keep any potentially infectious bandages, textiles (such as clothes, bedding) and other items away from pets, other domestic animals, and wildlife.
- If you notice an animal that had contact with an infected person appears sick (such as lethargy, lack of appetite, coughing, bloating, nasal or eye secretions or crust, fever, rash) contact the owner's veterinarian, state public health veterinarian, or state animal health official.

* These guidelines can be found on the CDC website "**How to Effectively Isolate at Home and Practice Good Infection Control**" (<https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html>)