

# Safety Bulletin

## Monkeypox

Date: August 8, 2022

Number: 22.004

Effective Date: June 23, 2022

Expiration Date: N/A

Approved By: Darren L. Stevens, Fire Rescue Chief



In an effort to maintain situational awareness and the wellbeing of our workforce, the following information is being provided regarding Monkeypox (Orthopoxvirus) and the recent outbreak declaration. Please review the following information.

### General Information:

- Monkeypox is a rare contagious rash illness caused by the monkeypox virus. The virus is in the same family of viruses that causes smallpox. Monkeypox usually causes much milder disease than smallpox. The virus can spread from animals to people and from person to person.

### Symptoms:

- Monkeypox symptoms usually start 6-13 days after exposure. The illness usually starts with flu-like symptoms that begin a few days before the rash appears. Initial symptoms can include:
  - Fever or chills
  - Headache
  - Muscle aches and backache
  - Tiredness
  - Swollen lymph nodes
- For some people, this rash may be their only symptom. The rash can look like pimples or blisters. It often begins on the genitals or perianal area, or in and around the mouth. In these situations, the Monkeypox rash could look like a sexually transmitted infection (STI). The rash might develop on just one part of the body or can appear on many parts of the body. These lesions might be painful. Individuals with monkeypox are considered infectious until all lesions have scabbed and fallen off.
- Visual examples below.

### Spread:

- Sexual or intimate contact (including oral, anal, and vaginal sex)
- Hugging, kissing, cuddling, and massage
- Sharing a bed, sharing a towel, or sharing clothes that have not been washed
- Monkeypox can be spread via droplets (though not as efficiently as skin-to-skin or exposure to body fluids)

*\*\*\* Monkeypox is neither spread through casual conversation nor being near an infected person \*\*\**

## Prevention:

- Hand hygiene.
- Standard Precautions should be applied for all patient care, including for patients with suspected monkeypox. If a patient seeking care is suspected to have monkeypox, infection control personnel should be notified immediately.
- Patients should be isolated from other patients. Separate air handling is not necessary. Surgical masks should be placed on any patients with suspected Monkeypox Virus. All lesions and wounds should be covered with a sheet or dressing during transport and anytime that the patient is exposed to other civilians or fire rescue personnel.
- Intubation, and any procedures likely to spread oral secretions should be performed with airborne droplet precautions in place.
- PPE used for suspected Monkeypox cases:
  - Gown
  - Gloves
  - Eye protection
  - N95 or higher
- Environmental Infection Control
  - Standard cleaning and disinfection procedures should be performed using an EPA-registered hospital-grade disinfectant with an emerging viral pathogen claim.
  - Follow the manufacturer's directions for concentration, contact time, and care and handling
  - Activities such as dry dusting, sweeping, or vacuuming should be avoided. Wet cleaning methods are preferred.
- Exposure Management
  - Contacts of animals or people confirmed to have monkeypox should be monitored for symptoms for 21 days after their last exposure.
    - Temperature checks should be performed twice daily for medical monitoring.
    - If symptoms develop, contacts should isolate immediately and contact infection control personnel.
  - Symptoms\* of concern include:
    - Fever  $\geq 100.4^{\circ}\text{F}$  ( $38^{\circ}\text{C}$ )
    - Chills
    - New lymphadenopathy (periauricular, axillary, cervical, or inguinal)
    - New skin rash

*\*Fever and rash occur in nearly all people infected with monkeypox virus.*

## Current Status:

- The U.S. Department of Health and Human Services has declared the current monkeypox outbreak a public health emergency in the U.S. The public health emergency declaration will last for 90 days, but may be extended.
- There are currently 7,102 cases nationwide and 122 cases in Virginia

# MONKEYPOX

## VISUAL EXAMPLES OF MONKEYPOX RASH



Photo Credit: NHS England High Consequence Infectious Diseases Network



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## VISUAL EXAMPLES OF MONKEYPOX RASH



Photo Credit: UK Health Security Agency



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