



# Monkeypox: What you need to know

## Wallingford Health Department

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DANIELA BABCOCK, B.S.

EPIDEMIOLOGIST



# Monkeypox history

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- Monkeypox virus is not a new virus, it was discovered in 1958 in colonies of monkeys.
- In 1970, in Democratic Republic of Congo, the first identified human monkeypox case:
  - a 9 month old boy.
- Monkeypox was reported in 11 African countries.
- Since 2017, Nigeria has experienced a large outbreak, with over 500 suspected cases and over 200 confirmed cases and a case fatality ratio of approximately 3%. Cases continue to be reported until today.
- **Monkeypox is a disease of global public health importance, because not only affects countries in Africa, but the rest of the world.**



# Monkeypox outbreaks in the U.S.

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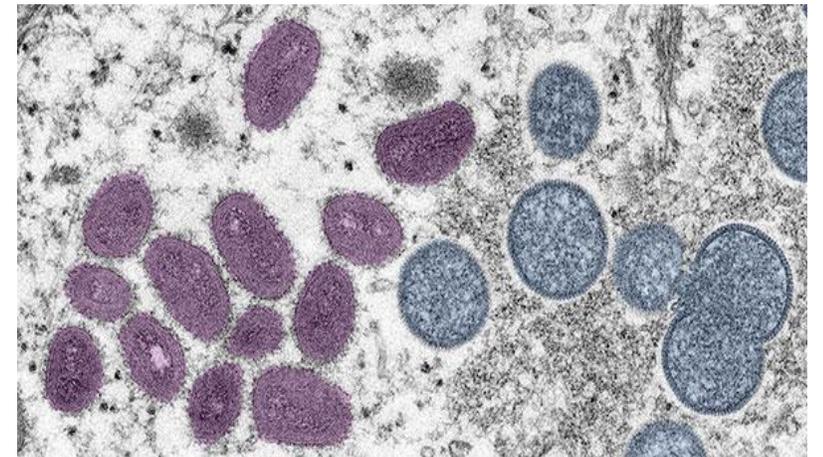
- In 2003, the first monkeypox outbreak outside of Africa was in the U.S. and was linked to contact with infected **pet prairie dogs**.
- These pets had been housed with rats and dormice that had been imported into the country from Ghana.
- This outbreak led to over 46 cases of monkeypox in 6 states in the U.S.
  - Not reported in Connecticut.
- Monkeypox has also been reported in travelers in the U.S. in July and November 2021.
- In May 2022, multiple cases of monkeypox were identified in several non-endemic countries (countries where there was never a monkeypox case).





# What is Monkeypox?

- Monkeypox is a rare viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients, however it is less severe.
- It 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.
- It is not related to chickenpox.
- It is not classified as a Sexually Transmitted Disease (STD).





# What are the signs and symptoms of monkeypox?

People with monkeypox may experience all or only a few symptoms.

- A rash that may be located on or near the or anus and could be on other areas like the hands, feet, chest, face, or mouth.
- The rash can initially look like pimples or blisters and may be painful or itchy.
- Other symptoms of monkeypox can include:
  - Fever
  - Chills
  - Swollen lymph nodes
  - Exhaustion
  - Muscle aches and backache
  - Headache
  - Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)

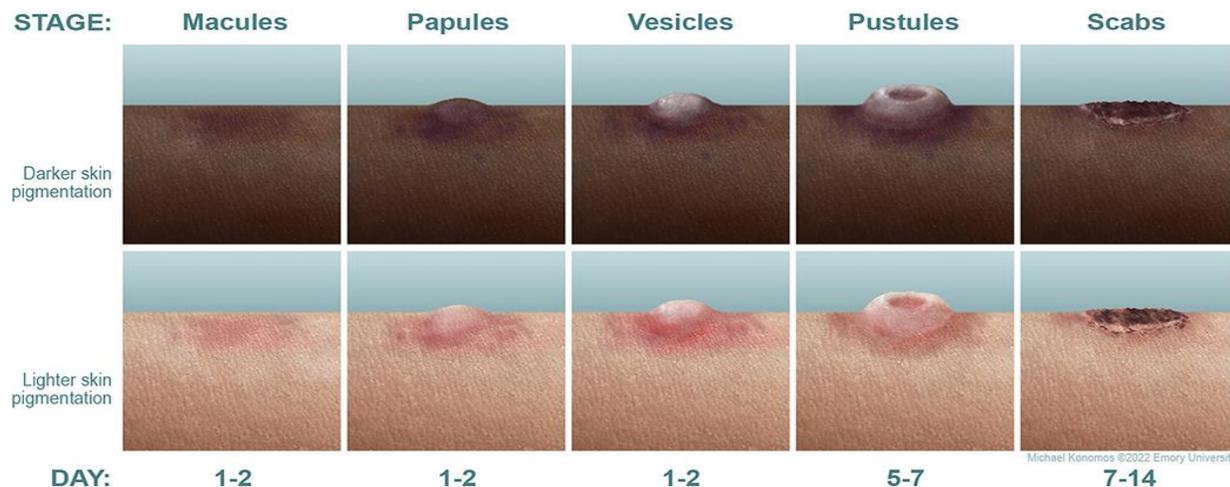


**Examples of Monkeypox Rashes**  
Photo credit: UK Health Security Agency



# How long do monkeypox symptoms last?

- Monkeypox symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later.
- The rash can initially look like pimples or blisters and may be painful or itchy. The rash will go through several stages, including scabs, before healing. **Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed (that is when a person is not contagious anymore and can get out of isolation).** The illness typically lasts 2-4 weeks.



Clinicians should be aware of how lesions may present on the spectrum of skin pigmentation.





# If you have a new or unexplained rash or other symptoms

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- Avoid close contact, including sex or being intimate with anyone, until you have been checked out by a healthcare provider.
- If you don't have a provider or health insurance, visit a public health clinic near you.
- When you see a healthcare provider, wear a mask, and remind them that this virus is circulating in the area.
- For more information: CDC Clinical Recognition  
<https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html>



# Monkeypox spreads in a few ways

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## 1. Close or Intimate Contact:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions.
- This direct contact can happen during intimate contact, including:
  - Oral, anal, and vaginal sex or touching the genitals (penis, testicles, labia, and vagina) or anus (butthole) of a person with monkeypox.
  - Hugging, massage, and kissing.
  - Prolonged face-to-face contact.
  - Touching fabrics and objects during sex that were used by a person with monkeypox and that have not been disinfected, such as bedding, towels, fetish gear, and sex toys.

\*A person with monkeypox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2–4 weeks.



# Monkeypox spreads in a few ways (Cont.)

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2. **Monkeypox and Pregnancy:** A pregnant person can spread the virus to their fetus through the placenta.
  3. **Infected Animals:** It's also possible for people to get monkeypox from infected animals, either by being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal.
- **Scientists are Still Researching:**
    - If the virus can be spread when someone has no symptoms
    - How often monkeypox is spread through respiratory secretions, or when a person with monkeypox symptoms might be more likely to spread the virus through respiratory secretions.
    - Whether monkeypox can be spread through semen, vaginal fluids, urine, or feces.



# It is important to know!

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While the current U.S. outbreak is primarily spreading among MSM, gay men, bisexual men, we want to emphasize:

**ANYONE can get monkeypox!**



# Prevention of monkeypox

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- **Be aware** of new or unexplained rash on your body or your partner's body.
- **See a healthcare provider** if you or your partner have recently been sick, currently feel sick, and have a new or unexplained rash, and abstain from sexual activity.
- **Avoid close, skin-to-skin contact with people who have a rash that looks like Monkeypox**
- Do not touch the rash or scabs
- Do not kiss, hug, cuddle, or have sex with someone with Monkeypox
- Do not share eating utensils or cups with a person with Monkeypox
- **Do not handle or touch** the bedding, towels, clothing, fetish gear or sex toys of a person with Monkeypox
- During this current outbreak **-limiting your number of sex partners** may reduce the possibility of exposure



# What should I do if I have been exposed to someone with Monkeypox?

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- **Self-monitor** for symptoms for 21 days since last exposure
- Local health departments are monitoring close contacts identified during case investigations
  - If you have any questions call the Wallingford Health Department: (203) 294-2065
- **Continue routine daily activities** as long as you do not have any symptoms
- Quarantine is **not** recommended
- **Isolate if you develop symptoms and seek testing** if you develop a rash
- **Consider vaccination** depending on the nature and extent of exposure
- Close contacts with intermediate to high-risk exposures can be referred for vaccination by DPH or local health department



# How can someone get tested for Monkeypox?

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- **You can only be tested for MPX if you have a rash.**
- **Reach out to your healthcare provider to get tested.** The healthcare provider will swab the lesions and send to a laboratory for testing.
- Testing is available at the State Public Health Laboratory (SPHL) and 5 commercial laboratories.
- SPHL is testing Mon-Fri, with evenings, weekends, and holidays for urgent cases.
- Results will be ready within 24-48 hours.



# If you tested positive for Monkeypox

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- **Isolate** until rash has fully resolved, scabs have fallen off, and a fresh layer of intact skin has formed (this may take 2-4 weeks).
- **Do not leave the home** except as required for emergencies or follow-up medical care.
- **Avoid close physical contact** with others.
- Wear well-fitting source control (e.g., medical mask) when in close contact with others at home.
- Do not engage in sexual activity that involves direct physical contact.
- **Do not share potentially contaminated items**, such as bed linens, clothing, towels, wash cloths, drinking glasses or eating utensils.
- **Avoid close contact** with pets in the home and other animals.
- For more information: CDC If you are sick - [If You Are Sick with Monkeypox](#)



# Vaccination for monkeypox

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Vaccination against smallpox was demonstrated through several observational studies to be about 85% effective in preventing monkeypox.

JYNNEOS vaccination is currently available at select sites in CT (*Call the WHD if you have any questions*)

**1. Persons identified by public health as being close contacts to someone who has tested positive**

**2. A person is eligible to be vaccinated if they are residing, attending school, or stationed in Connecticut and meet one of the following:**

- You had close personal contact in the past 14 days with a positive case of monkeypox (this may include sexual partners, household contacts, and healthcare workers); **OR**
- You meet **at least one** of the following criteria:
  - Had a sexual partner in the past 6 months who was diagnosed with monkeypox; **OR**
  - Had multiple sexual partners in the past 6 months in a jurisdiction (e.g., city/state/country) with known monkeypox; **OR**
  - Have a current partner who has multiple sexual partners in a jurisdiction with known monkeypox; **OR**
  - Anticipate having a new sexual partner or partners in the next 6 months in a jurisdiction with known monkeypox.



# Treatment for monkeypox

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- Tecoviramat (TPOXX) is an antiviral developed and approved to treat smallpox, can be used for MPX.
- Treatment considerations:
  - Persons with severe disease (including bleeding, pain)
  - Persons at high risk of severe disease
- TPOXX is considered an investigational drug so patient must provide informed consent prior to starting medication.
- TPOXX is available in the state at multiple hospitals and through the UCHC Specialty Pharmacy for outpatients.



# What is the WHD doing?

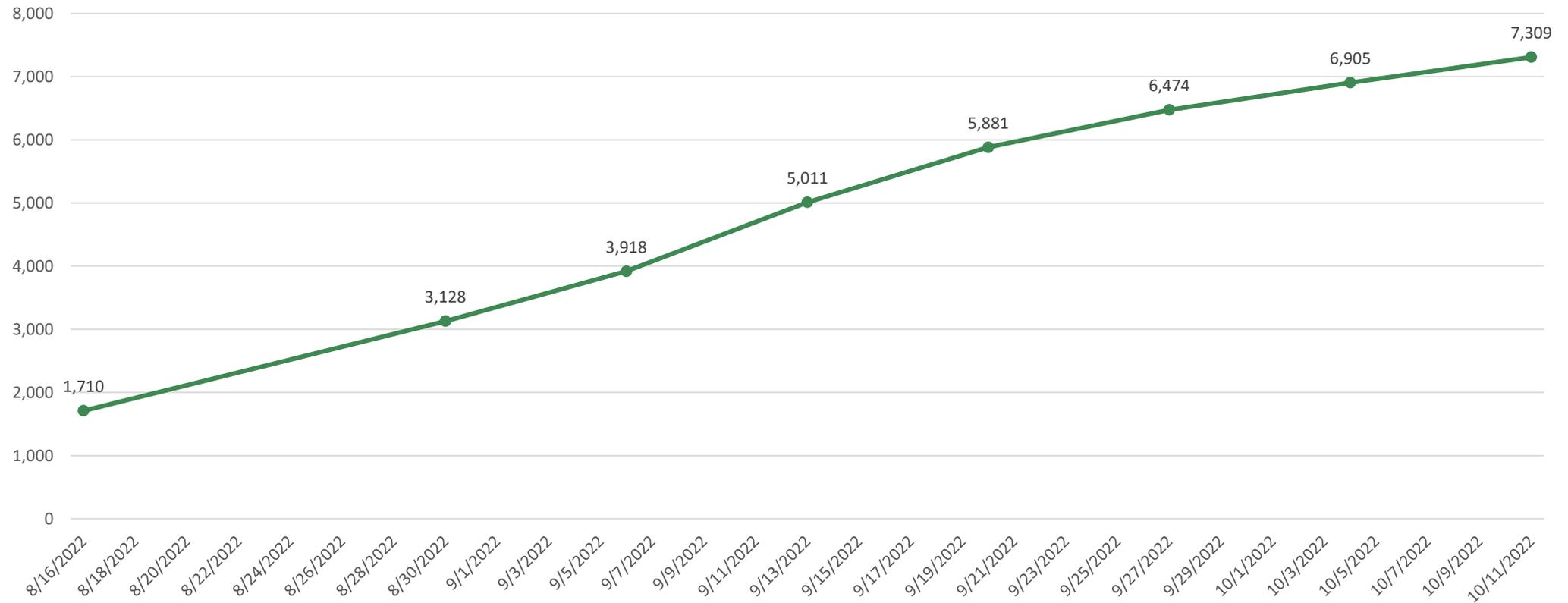
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- Daily monitoring of CT EDSS (7 days per week)
- Staying up-to-date on CDC, CT DPH guidance
- Monitoring cases, contacts for 21 days.
- Outreach in our community:
  - Hotels, pharmacies, bars/clubs, adult video stores, community agencies, harm reduction
  - Development of webpage –updated regularly
  - Distribution of educational materials at events
  - Development of bilingual materials
  - Community presentations
  - Reducing stigma and addressing misinformation



# Monkeypox Vaccination Data in Connecticut

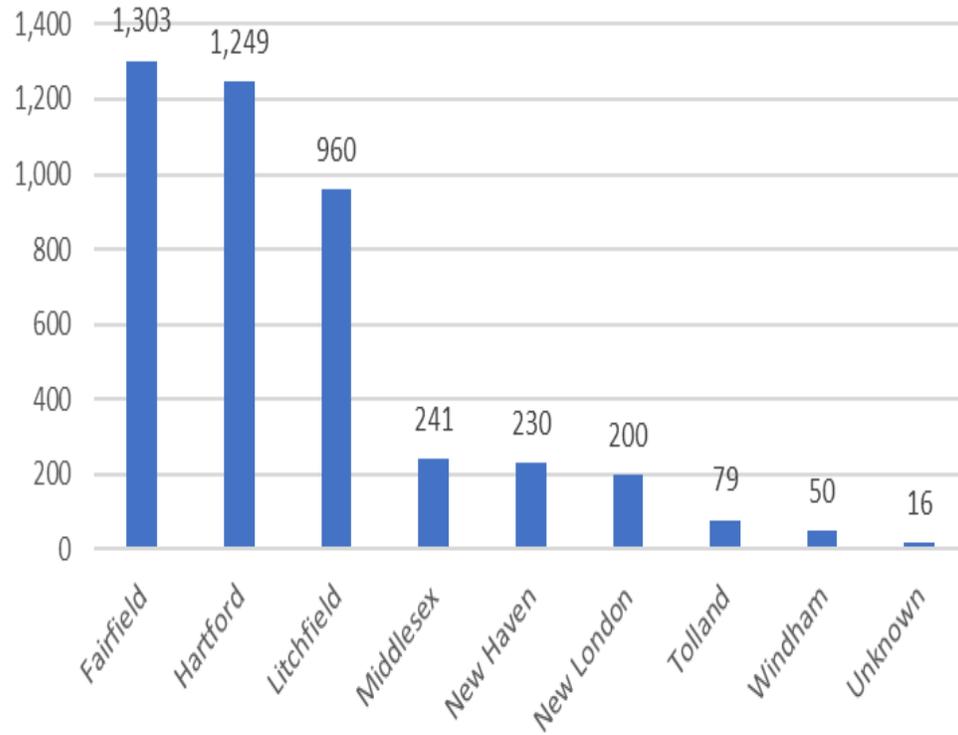
Total Monkeypox Vaccine Doses Administered in the State of Connecticut



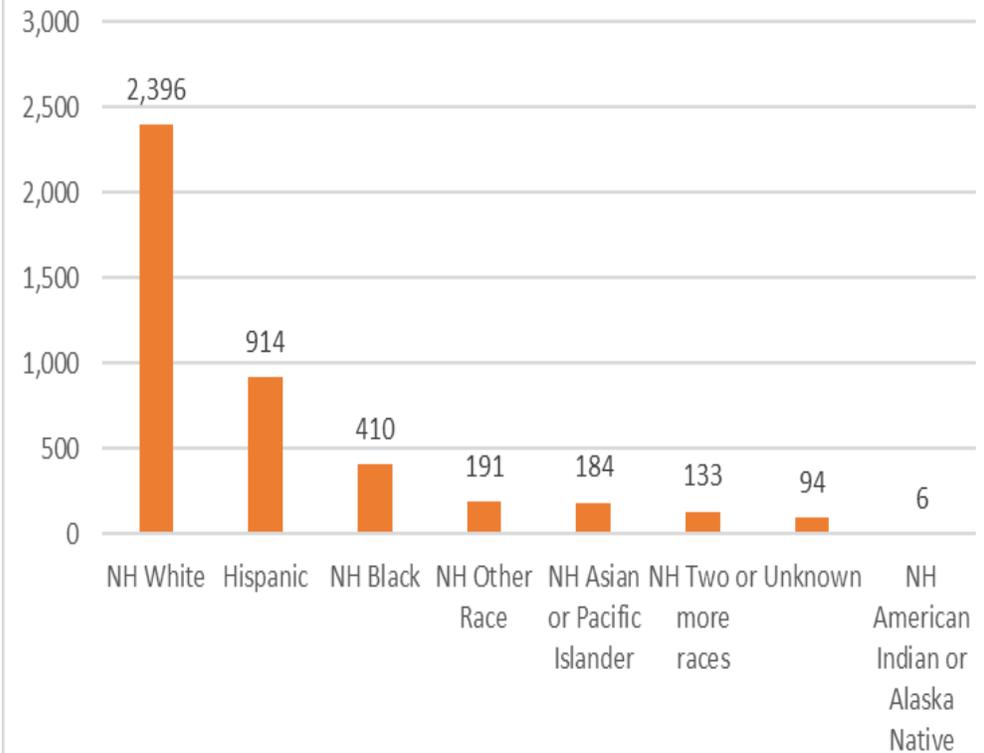


# Monkeypox Vaccination Data in Connecticut

### Number of People Vaccinated by County

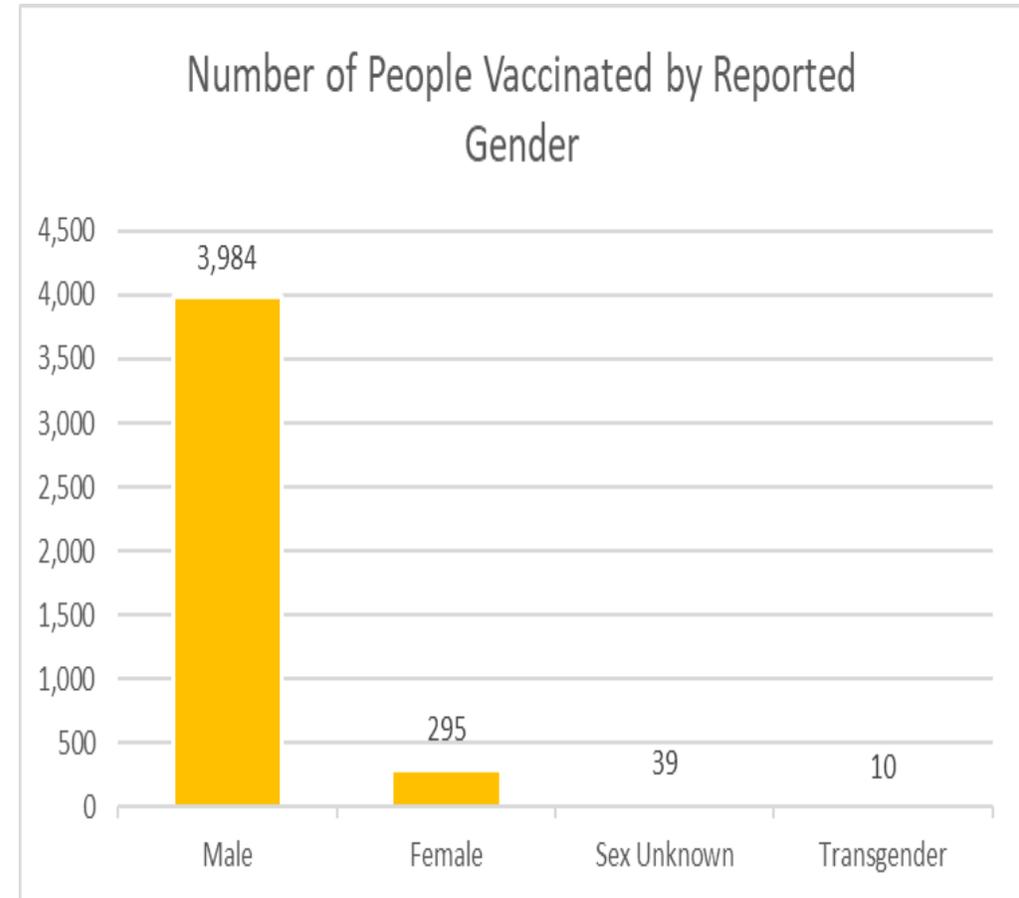
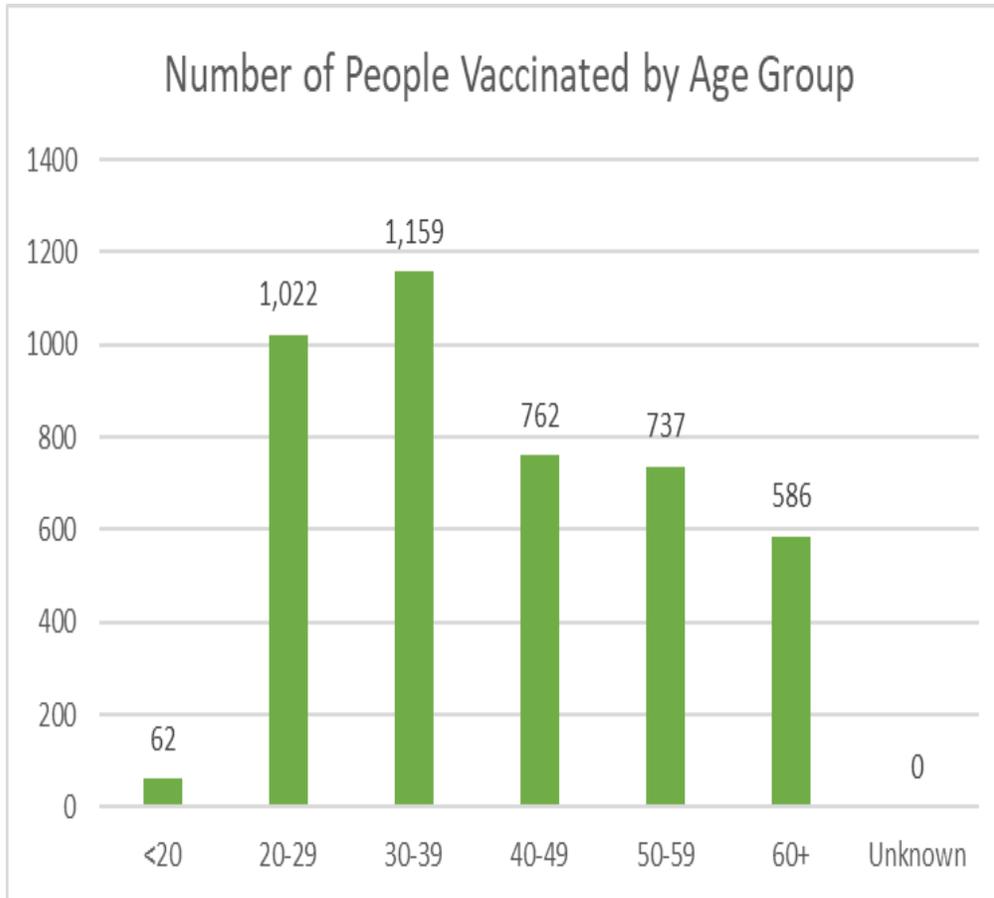


### Number of People Vaccinated by Race/Ethnicity





# Monkeypox Vaccination Data in Connecticut





# Monkeypox Data in Connecticut



## Connecticut Department of Public Health



Number of Monkeypox Cases by Week

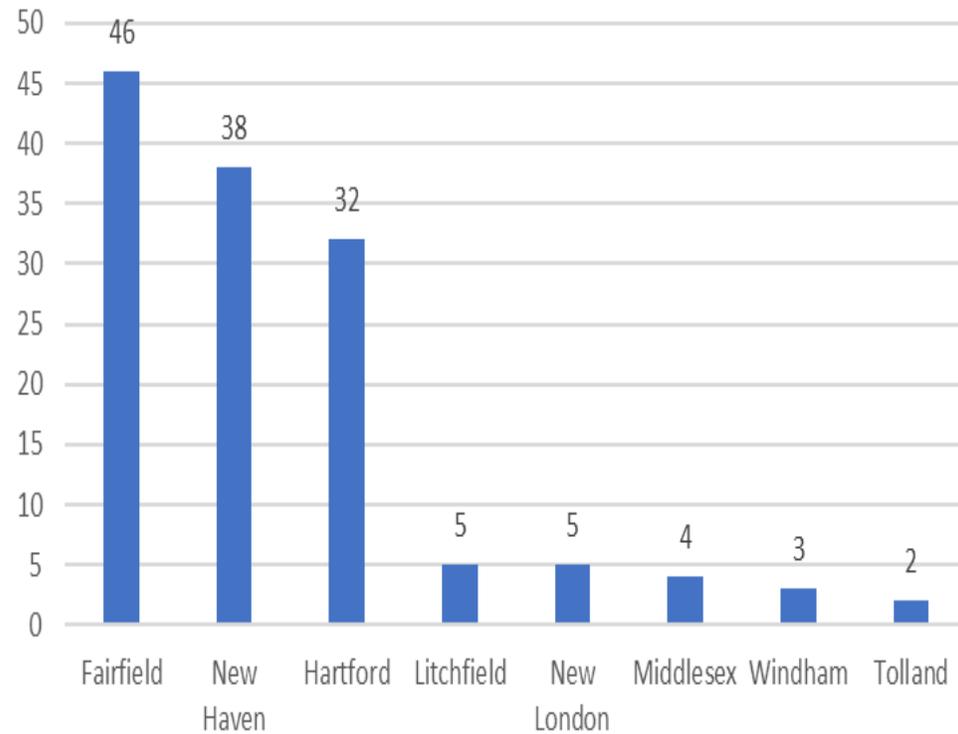


Shading indicates data are incomplete for the most recent week

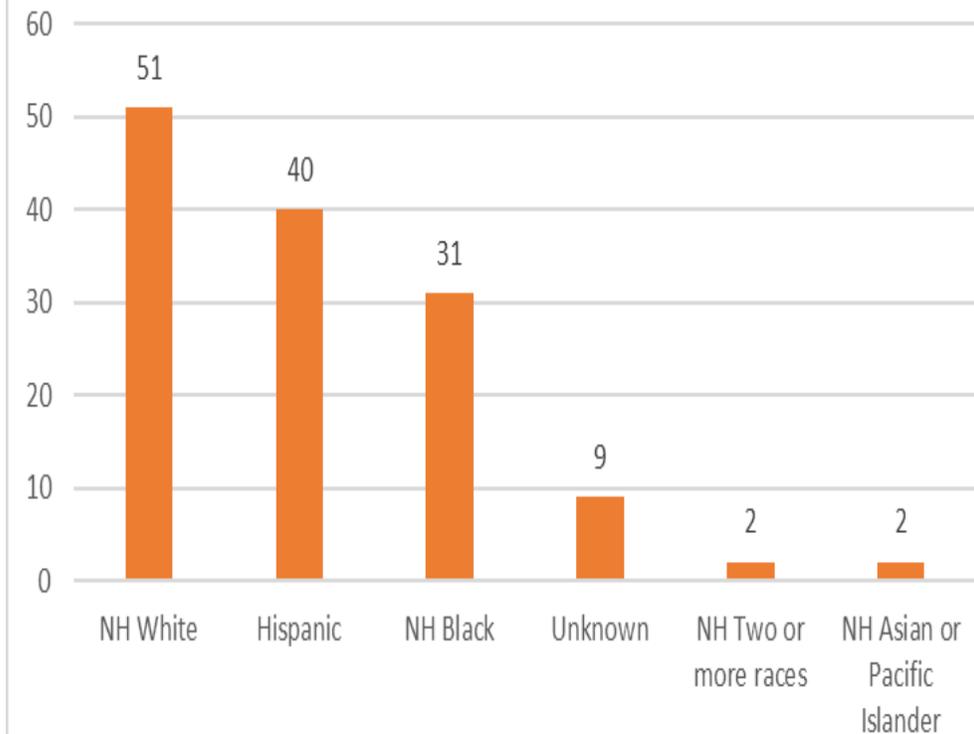


# Monkeypox Case Data in Connecticut

Cumulative Case Count by County of Residence

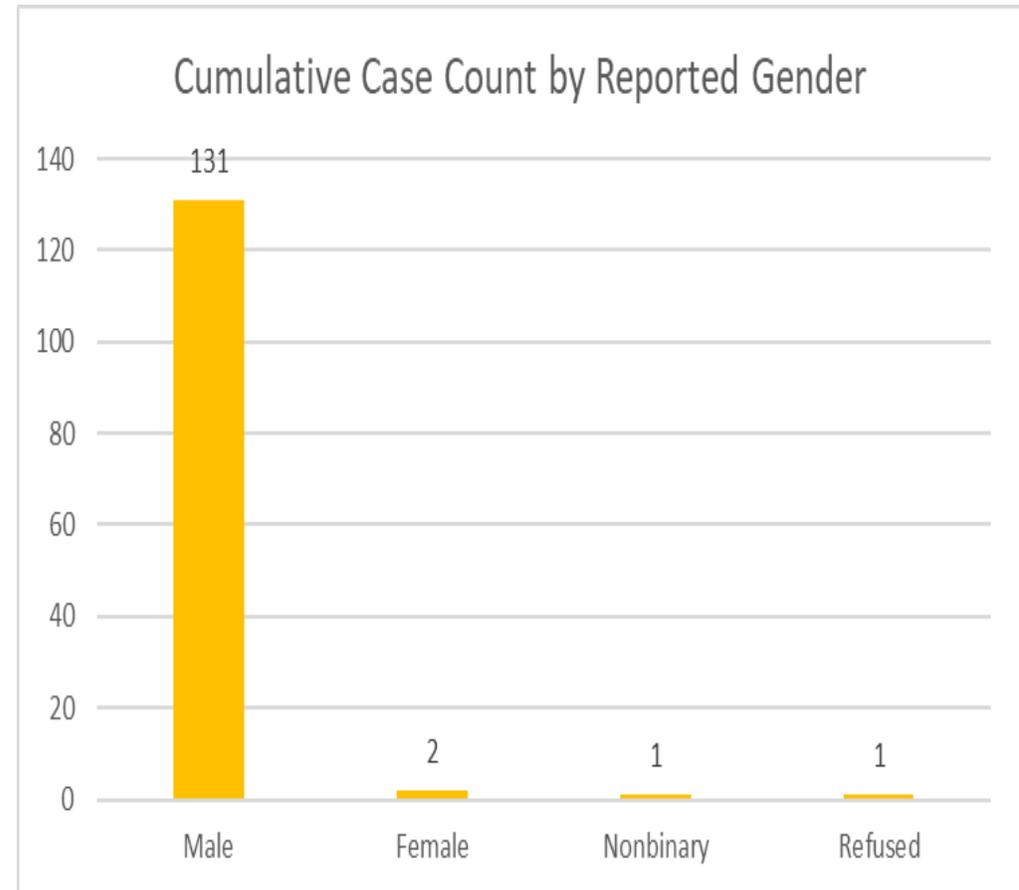
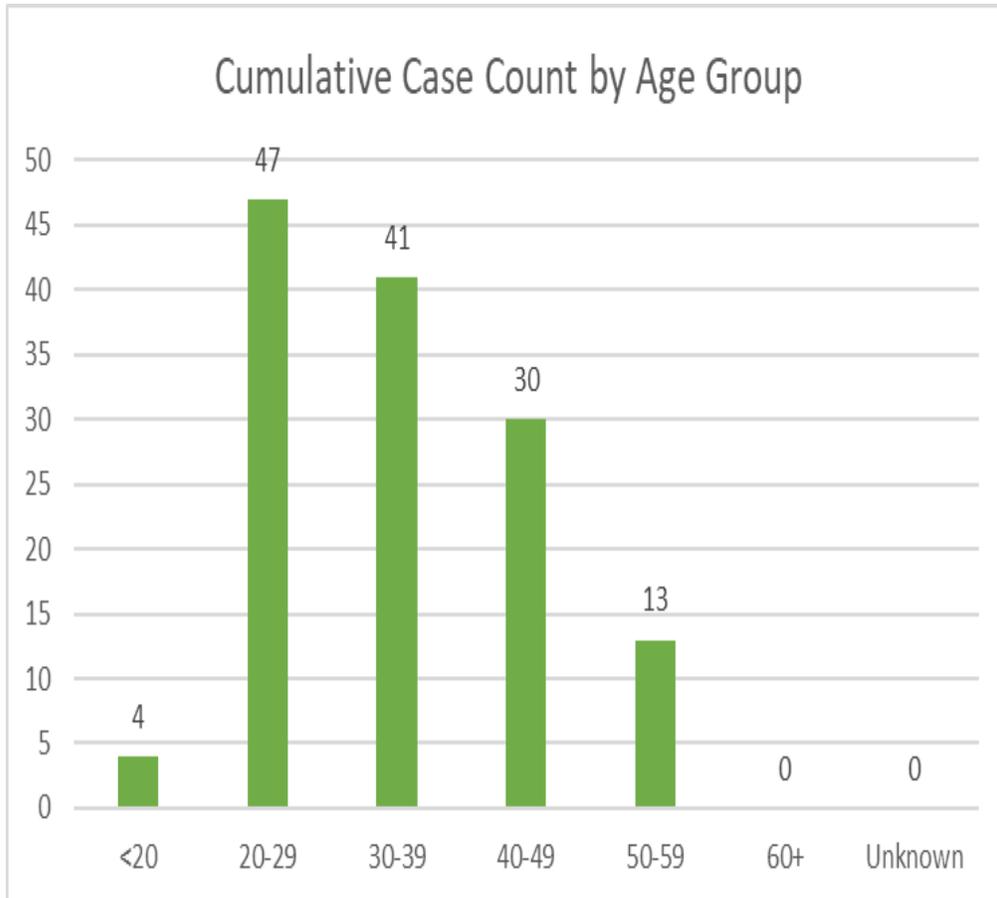


Cumulative Case County by Race/Ethnicity





# Monkeypox Case Data in Connecticut





# Monkeypox Data

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- 2022 Outbreak Cases & Data
  - <https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html>
- 2022 U.S. Map & Case Count
  - <https://www.cdc.gov/poxvirus/monkeypox/response/2022/us-map.html>
- 2022 Global Map & Case Count
  - <https://www.cdc.gov/poxvirus/monkeypox/response/2022/world-map.html>
- Vaccine Administration & Effectiveness
  - <https://www.cdc.gov/poxvirus/monkeypox/response/2022/vaccine-admin.html>
- CT DATA
  - <https://data.ct.gov/browse?tags=mpox>



# Informational links and videos

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- CDC Monkeypox:
  - <https://www.cdc.gov/poxvirus/monkeypox/index.html>
- CDC Safer Sex & Social Gatherings:
  - <https://www.cdc.gov/poxvirus/monkeypox/prevention/sexual-health.html>
- CDC 5 Things to Know About Monkeypox (YouTube Video):
  - <https://www.youtube.com/watch?v=9GziSwQTo4A>
- CDC 5 Things Sexually Active People Need to Know About Monkeypox (YouTube Video):
  - [https://www.youtube.com/watch?v=xf2x62i1\\_c8](https://www.youtube.com/watch?v=xf2x62i1_c8)



# Questions and concerns?

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Call: (203) 294-2065, or

E-mail: [health@wallingfordct.gov](mailto:health@wallingfordct.gov)

**Wallingford Health Department Website:**

<https://www.wallingfordct.gov/government/departments/health-department/>