

Premier Health Emergency Department Monkeypox Information

I. Monkeypox (Poxvirus) Overview

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. Symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion

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. 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.

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

It is 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.

Monkeypox can spread 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. People who do not have monkeypox symptoms cannot spread the virus to others. At this time, it is not known if monkeypox can spread through semen or vaginal fluids.

II. Testing Instructions

See attached or access online: [Monkey Pox Specimen Collection Guidelines July 26 22.pdf \(sharepoint.com\)](#)

III. Treatment/Care

Currently there is no treatment approved specifically for monkeypox virus infections. However, antivirals developed for use in patients with smallpox may prove beneficial against monkeypox.

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IV. Isolation Requirements

Contact/Droplet (with eye protection for staff) Isolation required (like Covid).

A patient with suspected or confirmed monkeypox infection should be placed in a single-person room; special air handling is not required. The door should be kept closed (if safe to do so). The patient should have a dedicated bathroom. Transport and movement of the patient outside of the room should be limited to medically essential purposes. If the patient is transported outside of their room, they should use well-fitting source control (e.g., medical mask) and have any exposed skin lesions covered with a sheet or gown.

Intubation and extubation, and any procedures likely to spread oral secretions should be performed in an **airborne** infection **isolation** room.

V. Discharge Instructions

“Monkeypox” is being added as a searchable keyword in the “additional references” section of the discharge instructions. **Please add these instructions to the AVS for any patient tested for monkeypox.**

Patients should isolate in their home for 2-4 weeks, based on their symptoms and stage of their lesions. Ideally, people with monkeypox would remain in isolation for the duration of illness, which typically lasts two to four weeks.

- Do not share items that have been worn or handled with other people or animals. [Launder or disinfect](#) items that have been worn or handled and [surfaces](#) that have been touched by a lesion.
- Avoid close physical contact, including sexual and/or close intimate contact, with other people.
- Avoid sharing utensils or cups. Items should be cleaned and disinfected before use by others.
- Avoid crowds and [congregate settings](#).
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.

VI. Cleaning/disinfection Instructions

See attachment or access online: [Monkeypox Cleaning and Disinfection reference document.pdf \(sharepoint.com\)](#)

VII. References

CDC. (2022). Centers for Disease Control. *Monkeypox*. Updated 6/30/2022. Accessed 7/27/2022 from <https://www.cdc.gov/poxvirus/monkeypox/about.html>.