



## HEALTH ALERT

### Key Messages

- Monkeypox cases have recently been identified in non-endemic countries including U.S., UK, Europe, and Canada. ([See CDC Travel Notice](#))
- CDC issued a Monkeypox Outbreak Health Update June 14<sup>th</sup> ([See CDC HAN](#))
- Clinical recognition guidance is offered by the CDC ([See CDC clinical guidance](#))
- California's current case count can be found [HERE](#)
- Due to limited testing supplies, if monkeypox is suspected, providers **must** consult Humboldt County Public Health at (707) 268-2182 for testing approval.

Dear Humboldt County Providers,

June 16, 2022

This is an update to the Health Alert released on 6/03/2022 regarding cases of monkeypox in multiple non-endemic countries including the US. As of June 15, 2022, there have been 84 confirmed monkeypox/orthopox cases in U.S. states including 17 cases in California. Currently, there are no cases reported in Humboldt County. MSM (men who have sex with men) have been disproportionately affected in this outbreak, however, anyone can become infected regardless of gender or sexual orientation. CDC is concerned that some cases are not being recognized and tested due to rising case numbers, evidence of person-to-person transmission and some uncharacteristic features of recent cases

### Infection Control Precautions for Suspected Monkeypox:

- Patients with suspected monkeypox should be placed as soon as possible in a single person exam room with door closed or in an airborne infection isolation room.
- Patient should remain masked with a respirator (N95) or surgical mask as tolerated.
- The healthcare provider evaluating the patient should wear the following PPE:
  - Gloves
  - Gown
  - Eye protection (goggles or face shield)
  - N95 or equivalent
- PPE should be donned before entering the room and worn during all patient contact. PPE should be removed (gown, eye protection and gloves) and hand hygiene performed prior to leaving room. N95 should be discarded and replaced with a clean mask for source control after leaving room.
- Any EPA-registered hospital grade disinfectant should be used for cleaning and disinfecting environmental surfaces.
- Soiled laundry, bedding, towels, personal clothing, should be handled carefully to avoid contact with lesion material.

### Key Characteristics for Identifying Monkeypox :

- Lesions are well circumscribed, deep seated, and often develop umbilication (resembles a dot on the top of the lesion)



- Lesions are relatively the same size and same stage of development on a single site of the body (ex: pustules on face or vesicles on legs)
- Fever before rash
- Lymphadenopathy common
- Disseminated rash is centrifugal (more lesions on extremities, face)
- Lesions on palms, soles
- Lesions are often described as painful until the healing phase when they become itchy (crusts)

### **Other Clinical Features:**

- Clinical symptoms usually last 2-4 weeks. and are generally mild and self-limiting.
- In many of the recent cases, prodromal symptoms have been absent and lesions often started in the mucosal areas including genital, and oral mucosa.. Symptoms may include anorectal pain, tenesmus, and rectal bleeding.
- Because of this atypical presentation, symptoms of monkeypox may be confused with other more common infections including syphilis, herpes simplex virus, molluscum contagiosum, lymphogranuloma venereum, varicella-zoster virus and others. Consider these other infections in your differential and perform testing as appropriate.

### **Clinical Recommendations:**

- Patients presenting with perianal or genital ulcers, diffuse rash or proctitis syndrome should be evaluated for STIs and monkeypox, especially if epidemiologic risk factors are present.
- Clinicians should perform thorough skin and mucosal (e.g. anal, vaginal, oral) exam for the characteristic vesicular-pustular rash of monkeypox.
- Patients previously treated for STIs who do not respond to treatment should return for evaluation and monkeypox should be considered.

### **Factors That Should Increase Suspicion for Monkeypox:**

- Clinical evaluation reveals rash illness consistent with monkeypox
- Traveled within 21 days of illness onset to an area with confirmed cases of monkeypox.
- Contact with a person(s) with similar appearing rash or who have received a confirmed or probable diagnosis of monkeypox
- Skin-to-skin contact with someone in a social network experiencing monkeypox activity. Current social network experiencing monkeypox activity include:
  - men who have sex with men (MSM) who meet partners through an online website, “app” or social event.
- Contact with wild animal or exotic pet that exists only in Africa or use of product derived from such animals.

### **Transmission:**

- Incubation period ranges from 5 to 21 days, with an average of 7 to 14 days.
- Human to human transmission occurs through large respiratory droplets, direct skin-to-skin contact, contact with lesion material, or contact with fomites (clothing, bedding, etc.)
- Animal to human transmission may occur through contact with a dead or live wild animal or exotic pet from Africa, or contact with products derived from such animals.



- Infectious period is from onset of prodromal symptoms until lesions have crusted, scabs have fallen off, and fresh skin has formed underneath.

**Request Testing:**

- If clinical and epidemiologic evaluation reveals monkeypox is high on the differential, consult with the Humboldt County communicable disease program (707) 268-2182 for testing approval.
- Once testing is approved, please call the Humboldt County Public Health Lab at (707) 268-2179 for additional specimen collection and handling guidance.
- Wearing appropriate PPE, testing is performed by collecting swabs of lesions. Two swabs of multiple lesions are required for testing.
- Initial testing is done at specialized laboratories using an orthopoxvirus PCR.
- If initial testing is positive, specimens will be sent to CDC for confirmatory testing using a specific monkeypox virus test.

**Treatment:**

- No proven treatment.
- Antivirals and smallpox vaccine can be used to reduce symptoms and for post-exposure prophylaxis. These treatments are available after case-by case evaluation. Call the communicable disease program at (707) 268-2182.

**Please contact Humboldt County Public Health Communicable Disease Program as soon as possible at (707) 268-2182 if you suspect a patient may have monkeypox.** Feel free to contact us anytime if you have questions.

Sincerely,

Don Baird, MD, Health Officer  
Humboldt County  
529 I Street  
Eureka, CA 95501



**Provider Resources:**

CDPH Monkeypox website

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx>

CDC Monkeypox Information for Healthcare Professionals

[Information For Healthcare Professionals | Monkeypox | Poxvirus | CDC](#)

CDC Webinar Recording: What Clinicians Need to Know About Monkeypox in the United States and Other Countries 5/24/2022

[Webinar May 24, 2022 - What Clinicians Need to Know about Monkeypox in the United States and Other Countries \(cdc.gov\)](#)

CDC Monkeypox Home Infection Control

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html>

CDC Monkeypox Fact Sheets/Information

<https://www.cdc.gov/poxvirus/monkeypox/pdf/MonkeyPox-sexually-active-InfoSheet-508.pdf>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox-Questions-and-Answers.aspx>

