

Updates

- The Humboldt County Department of Health & Human Services (DHHS) Public Health Branch confirmed today the first case of monkeypox in a Humboldt County resident.
- Limited vaccination supplies are available for post-exposure prophylaxis (PEP) for persons known to be exposed to monkeypox. Vaccination requests previously made to the State are expected to arrive as early as today, August 5, 2022.
- Vaccine clinic planning is in progress and could start as soon as supplies are received. Clinics will be available through Humboldt County Health Department.
- Public Health also recently received more than 400 doses of an antiviral medication which would be made available for people at high risk for severe complications.
- Please refer to Humboldt County Website the [Humboldt County Provider Communications](#) for archived Public Health Alerts regarding Monkeypox

Monkeypox is a viral infection which is spread through close personal contact, including skin-to-skin contact, kissing and sex. Symptoms of monkeypox include:

- Fever
- Headache
- Muscle aches and backaches
- Swollen lymph nodes
- Chills
- Exhaustion
- Sore throat, nasal congestion, or cough.

It may also include a rash located on or near the genitals or anus, as well as other areas such as the hands, feet, chest, face or mouth. The rash can look like pimples or blisters and may be painful or itchy. The rash will typically go through several stages including scabs before healing, according to the Centers for Disease Control and Prevention (CDC).

Monkeypox is a rare zoonotic infection caused by the monkeypox virus, which is in the same family as smallpox but less severe. The monkeypox virus is spread to humans from infected humans, animals and materials contaminated with the virus. The current outbreak has impacted mostly gay and bisexual men and men who have sex with men. Although the risk to the general U.S. population is low, the following tips can help keep you safe:



- Practice good hand hygiene
- Always talk to your intimate partner/s about recent illness, and be aware of new or unexplained sores or rashes on your body or your partner's body, including on the mouth, genitals, anus and hands
- Avoid intimate contact, including sex, with people who have symptoms like sores or rashes
- Avoid contact with infected animals and materials containing the virus
- Use appropriate personal protective equipment (PPE) like a mask, gown and gloves when caring for people with symptoms
- Infected people should isolate until their symptoms, including rash, have gone away completely.

Recommendations for Evaluation of Suspected Monkeypox

Clinical presentation and evaluation:

Typically, after an average incubation period of 7 to 14 days (range, 5 to 21 days), flu-like symptoms may appear, and may include fever, headache, lymphadenopathy, myalgia, and fatigue. This is followed approximately 1 to 3 days later with rash that may affect the face and extremities (including palms and soles). Mucous membranes and genitalia may be involved. The appearance and progression of the rash is very characteristic, evolving sequentially from macules (lesions with a flat base) to papules (slightly raised firm lesions), vesicles (lesions filled with clear fluid), pustules (lesions filled with yellowish fluid), and crusts which dry up and fall off. In cases where exposure to the virus has occurred through sexual contact, the initial lesions may occur in the genital, anal or perianal, or oral areas.

Monkeypox lesions are typically firm, well circumscribed, deep-seated, and umbilicated, and progress uniformly (i.e., progresses from one stage to another at the same time, over a period of a few days each).

Adapted from: CDC [Case Definitions† for Use in the 2022 Monkeypox Response | Monkeypox | Poxvirus | CDC](#)

Lab

Sample Collection





Poxvirus PCR Testing

- This test is used to distinguish between: **Varicella Zoster Virus (VZV)**, **Non-Variola Orthopoxvirus (Monkeypox, Cowpox etc.)**, and **Variola virus infection (Smallpox)**

*****If Monkeypox/Smallpox is suspected, please contact the Public Health Communicable Disease Nurse for consultation and patient management while with patient (707) 268-2182. To reach the Health Officer after hours, Contact Sheriff's Office Dispatcher at (707) 445-7251 and request to speak to the Health Officer.**

- **Courier pick-up is provided by Humboldt County Public Health Laboratory (HCPHL)**
 - Please refer to HCPHL courier schedule for scheduled pick up days for different areas in the county.
 - For pick-up, call **707-499-4513**

Specimen Collection and Transport:

Please collect samples in duplicate. One for preliminary testing at HCPHL, and one for characterization at the CDC if preliminary results are positive.

Preferred: Swab of Lesion:

- It must be a Dacron or nylon flocked swab (**calcium alginate or cotton swabs are inhibitory to PCR**)
 - Using a sterile swab, scrub the base of the lesion **vigorously** to ensure that cells from the lesion are collected
 - Place swab, (breaking off stick if necessary) into a sterile tube of Viral Transport Media (VTM). **Duplicate swabs for each lesion must be collected and placed into separate collection tubes.**
 - VTM is preferred, but swabs collected into dry, sterile tubes are also acceptable.
 - **Universal Transport Media (UTM) is not acceptable.**

Acceptable Specimens:

- **Vesicle crust:** If lesions have crusted over, scabs are an acceptable specimen. Lift scab from skin using sterile implements (needle, scapel, etc.) and transfer scab to a sterile container. **Do not place Vesicle/scabs in viral transport medium (VTM).**

Handling Conditions:

- Refrigerate or freeze specimen within 1 hour of collection.
- Store refrigerated (2-8°C) if specimen will be tested within 72 hours of collection.
- Store frozen ($\leq 20^{\circ}\text{C}$) if specimen if will not be tested within 72 hours of collection.

Additional Information:

- Turn-around time:
 - 24-72 hours
 - After approval from Public Health Communicable Disease Nurse, please contact the lab immediately to arrange for testing.
- Cost is \$90.00 for PCR

*****Please call the Humboldt County Public Health Laboratory if you have any questions.
707-268-2179**



COUNTY OF HUMBOLDT
DEPARTMENT OF HEALTH AND HUMAN SERVICES
PUBLIC HEALTH BRANCH LABORATORY



August 2022 COURIER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	2 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	3 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	4 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	5 STAT SPECIMENS ONLY
8 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	9 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	10 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	11 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	12 STAT SPECIMENS ONLY
15 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	16 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	17 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	18 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	19 STAT SPECIMENS ONLY
22 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	23 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	24 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	25 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	26 STAT SPECIMENS ONLY
29 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	30 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	31 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513	9/1 Courier Run 08:30 – 11:30 Eureka & Fortuna area Call all specimens 707 499-4513	Holiday on Monday 9/2 Courier Run 08:30 – 11:30 Eureka, Arcata, and Mckinleyville area Call all specimens 707 499-4513

PHONE ALL SUPPLY ORDERS TO 499-4513 (LEAVE A MESSAGE)

Call 707 268-2179 to determine STAT specimens. Samples can be dropped off at the HCPHL: 529 I Street, Eureka CA 95501 during buisness hours Monday through Friday, 08:30-12:00 and 1:00pm-5:00pm

Treatment

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. The following clinical guidelines and FAQs are to support clinicians seeking to obtain and use tecovirimat. For information on other therapies see CDC [Monkeypox Treatment Information](#).

Anti-viral treatment: only a very small number of individuals who get Monkey pox would require antiviral treatment (those ill enough they need to be hospitalized, children under 8, pregnant women, and severely immunocompromised OR those individuals who are in such severe pain that they can't be managed with normal supportive care). In these situations, the provider should contact Public Health directly to review the situation and authorization to treatment.

Tecovirimat (also known as TPOXX or ST-246) is an FDA-approved antiviral medication for the treatment of human smallpox disease. The CDC holds an expanded access Investigational New Drug (EA-IND) protocol that allows for the use of stockpiled tecovirimat to treat monkeypox disease during an outbreak. Tecovirimat is available for use in Humboldt County for patients who meet the CDC [clinical criteria](#). Informed consent is required for all patients treated with tecovirimat. Tecovirimat is available in oral and intravenous formulations.

Obtaining and Using Tecovirimat: Healthcare providers who determine that their patients require treatment can call the Humboldt County Public Health Provider Line (707)268-2186 to obtain tecovirimat. Providers can treat following the CDC Investigational New Drug (IND) protocol forms which will be emailed to them. Providers will need to submit required documents necessary for the IND protocol directly to the CDC.

To obtain additional information and required forms to start the treatment process, please call the Humboldt County Public Health Provider Line (707)268-8182.

If you are experiencing symptoms or have been in contact with an individual who has tested positive for monkeypox, please contact your health care provider. If you do not have a provider, call Public Health at 707-445-6200.

Adapted From: CDC [Interim clinical guidance](#) for treatment of monkeypox

[EZIZ: Monkeypox Vaccination Resources](#)



Recommendations

For Medical Offices:

The Centers for Disease Control and the California Department of Public Health (CDPH) recommends those that are highest risk for monkeypox as defined within the guidance get vaccinated as supply allows. This will help protect vaccinated persons against monkeypox illness and slow down the spread of disease.

- Continue post-exposure prophylaxis (PEP) for persons known to be exposed to monkeypox.
- Begin pre-exposure prophylaxis (PrEP) for [occupational groups recommended for vaccination by ACIP](#) as supply allows.
- Expand vaccination efforts, as supplies allow, in accordance with the CDC's PEP approach outlined in the *CDC Clinical Considerations for Monkeypox Vaccination* and reflected in this guidance.

[Considerations for Expanded Monkeypox Vaccination \(ca.gov\)](#)

Tier System

Tier I Priority Groups:

Gay, bisexual, and other men (including cisgender and transgender men) who have sex with men (MSM) or transgender women who meet **at least one** of the following criteria:

- Have been diagnosed with a bacterial sexually transmitted disease (e.g., chlamydia, gonorrhea, syphilis) in the past 3 months, **OR**
- Have engaged in chemsex or group sex with other men, **OR**
- Have had sex recently with anonymous male partners, **OR**
- Have attended sex-on-premises venues (e.g., saunas, bathhouses, sex clubs), **OR**
- Have engaged in survival and/or transactional sex, **OR**
- Are part of other populations who are at highest risk of monkeypox exposure, as identified through local epidemiological investigations.

Among this group, individuals who are living with HIV (particularly those with CD4 count < 200/mm³ or an opportunistic infection) or other conditions that cause immunocompromise should be prioritized for vaccination, including second doses.

Efforts should be made to reach Tier 1 populations that have barriers in accessing care, for example, engaging community organizations and trusted messengers for outreach and offering vaccines at non-clinical venues where individuals already attend (e.g., bathhouses, bars, clubs, Pride events).

Tier II Priority Groups:

Gay, bisexual, and other men (including cisgender and transgender men) who have sex with men (MSM) or transgender women who do not meet Tier I criteria but meet one of the following criteria:

- Have been diagnosed with a bacterial sexually transmitted disease (e.g., chlamydia, gonorrhea, syphilis) between the past 4- 12 months, **OR**



- Use or are recommended to use HIV PrEP, **OR**
- Are living with HIV and are considered at risk for monkeypox exposure.

Additional Priority Groups:

LHJs should consider PEP++ efforts depending on local epidemiologic analyses and the detection of cases and/or risk of transmission in these groups. CDPH is available for consultation regarding implementation of PEP++ efforts.

Other groups to consider include:

- Persons at high risk of exposure who are incarcerated and are being housed in a congregate setting (e.g., pods), such as correctional facilities or detention centers within the jurisdiction or in nearby jurisdictions from where persons who are incarcerated may be transferred. Priority should be considered for jail facilities that house persons at high risk for exposure to monkeypox.
- Persons who are currently experiencing homelessness or persons experiencing intermittent homelessness who frequent shelter services.
- Persons who live in congregate housing or dormitories.
- Persons living in residential substance use treatment centers.

Isolation and Infection Control

For individuals with monkeypox, isolation precautions should be continued until all lesions have resolved, the scabs have fallen off, and a fresh layer of intact skin has formed. See CDC monkeypox infection control in [healthcare settings](#) and [at home](#) for more details.

Website Resources

[NEJM - Monkeypox Virus Infection in Humans across 16 Countries — April–June 2022](#)

DOI: 10.1056/NEJMoa2207323

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

[CDC Clinician FAQs \(new\)](#)

[CDC 2022 U.S. Monkeypox Outbreak: What you Need to Know](#)

CDC [Monkeypox fact sheet for sexually active persons \(new\)](#)

<https://www.cdc.gov/hai/pdfs/ppe/PPE-Sequence.pdf>

CDPH Information updated 8/2/2022 [Monkeypox \(ca.gov\)](#)

[CDPH Monkeypox Communications Toolkit](#)

UK epi update <https://www.gov.uk/government/publications/monkeypox-outbreak-technical-briefings/investigation-into-monkeypox-outbreak-in-england-technical-briefing-1>

[HAN Archive - 00468 | Health Alert Network \(HAN\) \(cdc.gov\)](#)

<https://www.who.int/news-room/fact-sheets/detail/monkeypox>

[BHOC Monkeypox Information for Gay, Bi, and Trans People Who May Be Exposed Through Sex and Intimate Contact](#)

