

Virginia Department of Health
Monkeypox Information Sheet for Healthcare Providers
Updated 9/9/2022

Situation	Multi-country outbreak in newly affected countries. Affecting most US states, including Virginia. Monkeypox virus is spreading mostly through close, intimate contact with someone who has monkeypox. While anyone can get monkeypox, most cases to date have occurred in gay, bisexual, and other men who have sex with men. Providers should be on alert for cases and contact infection prevention staff and their local health department (LHD) if they suspect a monkeypox case.
Organism	<ul style="list-style-type: none"> ● Monkeypox virus; genus Orthopoxvirus (Other Orthopoxviruses that can infect humans: variola [smallpox], vaccinia, cowpox virus) ● Previously affected areas include west and central Africa ● Two clades: Clade I and Clade II (milder), with subclades Clade IIa and Clade IIb ● Current multi-county outbreak is Clade IIb ● Animal reservoir unknown; hosts include African rodents and nonhuman primates
Transmission	<ul style="list-style-type: none"> ● Direct contact with sores, scabs, or body fluids from an infected person or animal ● Indirect contact with contaminated items ● Large respiratory droplet transmission during prolonged face-to-face contact
Incubation	3-17 days
Symptoms and Signs	<ul style="list-style-type: none"> ● Characterized by a specific type of rash (see photos below) ● Both mucosal and cutaneous lesions may occur and can begin on the genitals, anorectal areas, or oral cavity. ● Cutaneous lesions progress through stages→macules→deeply-embedded firm, round papules (umbilicate)→ vesicles→pustules→scabs ● Lesions can be the first or only sign of illness. Presentation can be a few or only a single lesion and may be painful. ● Rectal symptoms (e.g., purulent or bloody stools, rectal pain, or rectal bleeding) have been frequently reported. ● Some patients have a prodrome, including malaise, fever, lymphadenopathy, and other symptoms. ● Respiratory symptoms (e.g. sore throat, nasal congestion, or cough) can occur ● Illness duration is typically 2-4 weeks ● Co-infection with sexually transmitted infections have been reported
Infectious Period	Infectious from first symptom onset (prodrome or rash) until lesions scab, fall off, and a new layer of skin form
When to Suspect Monkeypox	<ul style="list-style-type: none"> ● If the patient has a new characteristic rash or if the patient meets one of the epidemiologic criteria listed in the next bullet and there is a high clinical suspicion for monkeypox ● Within previous 21 days, patient: <ul style="list-style-type: none"> ○ Reports having contact with a person with a similar appearing rash or who received a diagnosis of confirmed or probable monkeypox OR ○ Had close or intimate in-person contact with individuals in a social network experiencing monkeypox activity, this includes men who have sex with men (MSM) who meet partners through an online website, digital application (“app”), or social event (e.g., a bar or party) OR ○ Traveled outside the US to a country with confirmed cases of monkeypox or where Monkeypox virus is endemic OR ○ Had contact with a dead or live wild animal or exotic pet that is an African endemic species or used a product derived from such animals (e.g., game meat, creams)

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Testing	<ul style="list-style-type: none"> • Testing is available through commercial labs: Aegis Sciences, Labcorp, Mayo Clinic Laboratories (some clinics), Quest Diagnostics, and Sonic Healthcare • Testing is also available through Virginia’s Division of Consolidated Laboratory Services (DCLS); requires coordination with LHD
Isolation	<ul style="list-style-type: none"> • Standard and transmission-based precautions needed when evaluating a potential case • Use an Airborne Infection Isolation Room if intubating, extubating, or other procedure that can cause aerosolization
Vaccines for PrEP & PEP	<ul style="list-style-type: none"> • JYNNEOS vaccine: 2-dose series 28 days apart, administered subcutaneous or intradermal, replication deficient • ACAM2000 vaccine (IND): 1 dose, administered percutaneous, replication competent
PrEP	<ul style="list-style-type: none"> • Recommended for high-risk jobs; e.g., lab personnel working with Orthopoxvirus • Currently most US clinicians, public health workers, and laboratorians are not advised to receive PrEP
PEP	<ul style="list-style-type: none"> • Recommended for contacts of cases up to 14 days after exposure • Ideally, given within 4 days of exposure to prevent disease; may reduce severity of illness if given 4-14 days after exposure
Expanded PEP	<ul style="list-style-type: none"> • Recommended for: <ul style="list-style-type: none"> • People, of any age, sexual orientation or gender, who have had anonymous or multiple (more than 1) sexual partners in the last 2 weeks; or • Sex workers of any sexual orientation or gender; or • Staff of any sexual orientation or gender at establishments where sexual activity occurs
Treatment	<ul style="list-style-type: none"> • Tecovirimat (ST-246) (IND), Cidofovir, Vaccinia Immune Globulin (IND), or Brincidofovir. • Available from national stockpile or CDC for severe cases or patients at higher risk of severe illness; providers must coordinate with LHD • Supportive care includes maintenance of fluid balance, pain management, treatment of bacterial superinfections or co-occurring sexually transmitted or superimposed bacterial skin infections. Providers should give detailed guidance on supportive care and address these symptoms early to prevent hospitalizations.

Images of Monkeypox Rash



Photo credit: UK Health Security Agency and NHS England High Consequence Infectious Diseases Network. From CDC Clinical Recognition cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html, accessed June 28, 2022