



Guidance on Monkeypox

Last Updated: 8/3/22

The following guidance is pulled directly from resources available from DC Health as well as CDC. Please visit <https://www.cdc.gov/poxvirus/monkeypox/index.html> or <https://dchealth.dc.gov/page/monkeypox> for more information.

1. How monkeypox is spread?

The monkeypox virus is spreading mostly through close, intimate contact with someone who has monkeypox.

- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including:
 - 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 pregnant person can spread the virus to their fetus through the placenta.

2. What are the signs and symptoms?

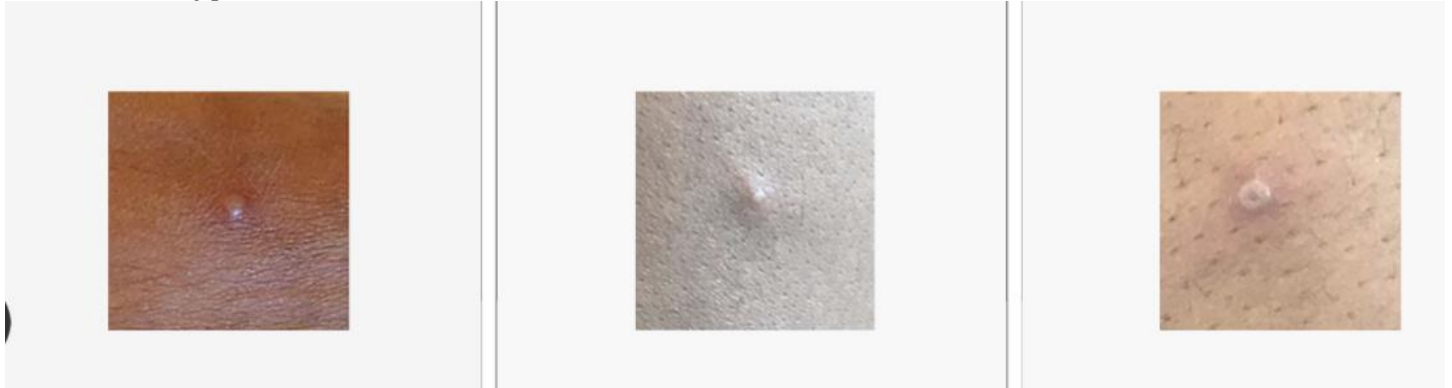
Symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)
- A rash that may be located on or near the genitals (penis, testicles, labia, and vagina) or anus (butthole) but could also be on other areas like the hands, feet, chest, face, or mouth.
 - The rash will go through several stages, including scabs, before healing.



- The rash can look like pimples or blisters and may be painful or itchy.

Monkeypox Rash Photos



You may experience all or only a few symptoms

- Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.
- Most people with monkeypox will get a rash.
- Some people have developed a rash before (or without) other symptoms.

3. What should providers do if a client is showing signs of monkeypox?

Please notify DC Health about suspected monkeypox cases by phone immediately at 844-493-2652. DC Health will provide assistance and work with the DC PHL to coordinate collection of lesion samples and testing and consult with CDC as needed.

Please report suspected positive cases to DHS and TCP using the online reporting form found at <https://app.smartsheet.com/b/form/1c0b40b7bbbb4f02934263f943d56060>. Providers can also use this form to request a deep cleaning.

CDC recommends that people with monkeypox remain isolated at home or at another location for the duration of illness.

If the client resides in a congregate shelter – meaning – that the client does not have an individual room. The provider should call the **Isolation & Quarantine (ISAQ) Hotline: 202-671-3076** to arrange for the client to stay at an isolation site.

4. What should individuals with monkeypox do to stay safe and prevent spread?

- While symptomatic with a fever or any respiratory symptoms, including sore throat, nasal congestion, or cough, remain isolated in the home and away from others unless it is necessary to see a healthcare provider or for an emergency.
 - This includes avoiding close or physical contact with other people and animals.



- Cover the lesions, wear a well-fitting mask (more information below), and avoid public transportation when leaving the home as required for medical care or an emergency
- While a rash persists but in the absence of a fever or respiratory symptoms
 - Cover all parts of the rash with clothing, gloves, and/or bandages.
 - Wear a well-fitting mask to prevent the wearer from spreading oral and respiratory secretions when interacting with others until the rash and all other symptoms have resolved.
 - Masks should fit closely on the face without any gaps along the edges or around the nose and be comfortable when worn properly over the nose and mouth.
- Until all signs and symptoms of monkeypox illness have fully resolved
 - 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.

5. How can someone access the monkeypox vaccine?

DC Health is now offering a vaccine to individuals 18 years and older residing in the District of Columbia who are at high risk for exposure to monkeypox. This includes:

- Gay, bisexual, and other men OR transgender women and nonbinary persons assigned male at birth who have sex with men AND who have had multiple partners or any number of anonymous or pseudo-anonymous partners in the past 14 days
- Sex workers (of any sex or gender identity)
- Staff (of any sex or gender identity) at establishments where sexual activity occurs (e.g., bathhouses, saunas, sex clubs)

For more information about DC Health's Monkeypox Vaccination Clinic, visit <https://dchealth.dc.gov/page/monkeypox>

6. What to do if someone is a close contact?

DC Health will be in touch regarding next steps after submitting the report – see # 3.

7. What information should be shared with clients?

Please share the DC Health Monkeypox One Pager with clients and post it around the facility, available at the link below.



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HUMAN SERVICES

<https://dchealth.dc.gov/publication/monkeypox-onesheet>