

Information About Monkeypox (hMPXV)

Terminology

- You may have heard of “monkeypox,” but the preferred term for this infection is hMPXV. Because both terms are being widely used, we are using both terms. They are the same virus and the same disease.

What is monkeypox?

- hMPXV (the human version of monkeypox) is a rash illness caused by a virus related to, but different from, smallpox. hMPXV is much harder to catch, and it is not as severe as smallpox. **It is not related to COVID.**
- Most individuals recover in 2-4 weeks without treatment. The spots from the rash can leave skin scars.
- Children, pregnant people and people who are immune compromised are at greater risk of severe disease from hMPXV. This includes people living with HIV whose disease is not fully treated (virally suppressed).

Local information

- The first case of hMPXV was confirmed in Oregon on June 16, 2022. There are 63 known cases in Oregon as of July 29, 2022.
- All of the cases in Oregon have been men above the age of 20+, most in 30s (as of July 29, 2022).
- There is an international outbreak of the human version of monkeypox, known as hMPXV. There are currently more than 5,000 confirmed cases in the United States and 22,000 cases in the worldwide outbreak. (July 22, 2022)

Vaccines for hMPXV

- Currently vaccines are reserved for those who have been in close contact (skin to skin and/or 3+ hours of face-to-face time) with someone with hMPXV and those who are at high risk. This includes men who have sex in public places, have more than 1 anonymous partner within the last 14-days, or have sex in exchange for money or other valuable items.
- As we get new information and learn how the disease moves through the community, the list of people who are eligible will likely change. To check if you are eligible, call 503-988-8939. You may be put on a waiting list if you qualify because vaccines are limited.
- Vaccine eligibility will expand as more vaccine becomes available.



How is monkeypox spread?

- hMPXV is spread primarily through close skin-to-skin contact, including through sex, cuddling, massage, or kissing when someone has an active rash or pox. It is not yet known whether it is “sexually transmitted”, meaning transmitted through semen, vaginal secretions, and other body fluids during sex.
- Contact with towels, clothing or other objects used by someone with the virus can also spread the virus.
- Large respiratory droplets or oral fluids via prolonged face-to-face contact may also spread hMPXV.
- Unlike COVID-19, people with hMPXV can only spread the virus while they have symptoms or sores that have not completely healed.

- Anyone can get hMPXV through close contact with someone who is infected. It is not limited to one community or another. The virus can also be spread through contact with an infected animal.
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Symptoms



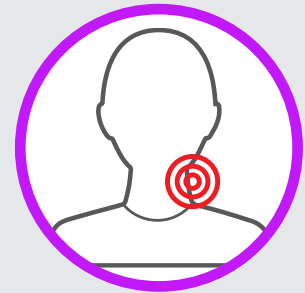
Rash
(in all cases)



Fever



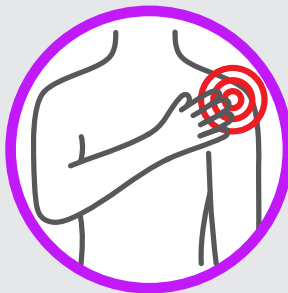
Chills



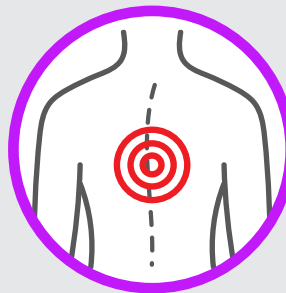
**Swollen
Lymph Nodes**



Exhaustion



Muscle Pain



Back Pain



Headache

- Everyone with hMPXV gets a rash or sores on their body. The rash becomes sores (pox) that blister and scab over and disappear. This process usually takes 2-4 weeks.
- The pox can appear anywhere on the body, including face, mouth, hands, genital area and around the anus, and can be itchy or painful. The sores may be hard to see. Transmission is most often through skin-to-skin contact with the rash/sores.
- Some people will have a fever and other flu-like symptoms: headache, muscle aches, chills, swollen lymph nodes, exhaustion. Not everyone has these symptoms. If someone does, they usually occur 1-3 days before the rash is noticed.
- The length of time between being exposed and getting symptoms is usually from 6 to 13 days, but can range from 5 to 21 days.
- A person can no longer spread the virus once all skin scabs have fallen off (about 3 - 4 weeks).
- If you have these symptoms, isolate yourself from others and consult with a health care provider to decide if you should be tested for monkeypox.

Testing and Treatment

- Ask a health care provider about testing if you develop a new rash/bumps/sores, especially if you have traveled to areas with large [outbreaks](#), or you have had close contact with someone known or suspected to have the virus.
- Testing for hMPXV is widely available. Most health care providers have the supplies and personal protective equipment to complete testing. If you do not have access to a healthcare provider you can call 503-988-3700 to find out about testing at the MCHD STD Clinic. Capacity is limited at this clinic.

- The rash can look like other conditions, e.g., syphilis, herpes, or shingles (zoster) as well as other common viruses. A healthcare provider may order a few tests to determine the cause of rash or fever.
- To test for hMPXV, a provider rubs a swab on a sore (pox). If there is no rash, a test cannot be performed.
- If you are tested for hMPXV, your provider will give you guidance for home isolation until the results are back.
- If you have to go out in public to seek health care, wear long sleeves and pants, wear a mask and cover sores with bandages if not well covered by clothes.
- There is no routine treatment for hMPXV, and most individuals recover on their own in 2-4 weeks without treatment. A health care provider can help manage pain that can be associated with the rash.

Prevent getting the disease

- Avoid skin-to-skin contact through sex or other intimate contact with others if you or they have new skin lesions, fever, swollen lymph nodes or otherwise suspect you or they may have or have been exposed to hMPXV. Condoms do not prevent the spread of hMPXV (but do prevent spread of other infections).
- Wear gloves when handling bedding or clothing that has been used by someone with hMPXV.
- Wash hands thoroughly if you have contact with someone with the virus.
- If you get symptoms, stay home until you can connect with a healthcare provider.

Avoid spreading the disease if you have hMPXV symptoms or think you might have hMPXV

- If you get symptoms, especially if you live in or have traveled in the past month to areas where cases have been found (including Multnomah County), or you know you have been in contact with anyone with the infection, isolate yourself at home until you can connect with a health care provider to decide if you need testing.
- Keep any new rash or sores covered with clothing and/or bandages until you can get treated by a healthcare provider. Wear a mask around others.
- Avoid contact with pets and animals.