

OHSU hMPXV (a.k.a. monkeypox) Information Sheet

1. What is monkeypox?

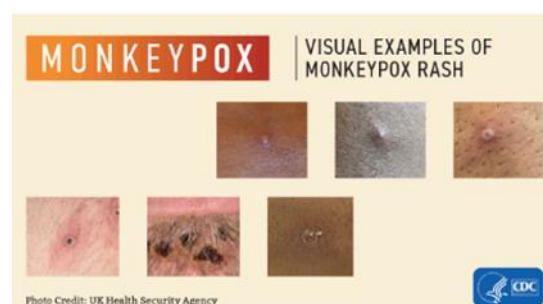
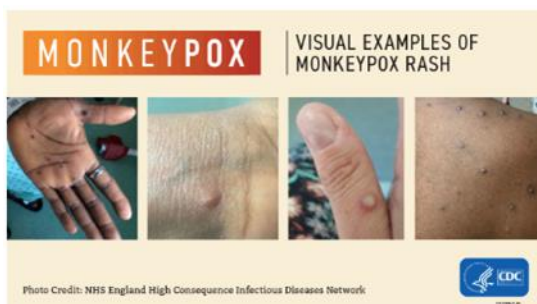
Monkeypox is a rare infectious disease caused by the hMPXV virus. hMPXV is an orthopox virus most commonly seen in Western and Central Africa. Since May 2022, there has been a sharp increase in locally acquired cases throughout the US and other countries where hMPXV had been rare.

2. What are the signs and symptoms of monkeypox?

- Fever
- Headache
- Muscle aches
- Backache
- Swollen lymph nodes, new lymphadenopathy (periauricular, axillary, cervical, or inguinal)
- New skin rash—can be subtle, like folliculitis or acne
- Chills
- Exhaustion

Within 1 to 3 days (sometimes longer) after the appearance of fever, the patient develops a rash, often beginning on the face then spreading to other parts of the body. Lesions progress through the following stages before falling off:

- Macules
- Papules
- Vesicles
- Pustules
- Scabs



The incubation period (time from infection to symptoms) for monkeypox is usually 7–14 days but can range from 5–21 days. The illness typically lasts for 2–4 weeks.

3. How is hMPXV transmitted?

The virus is spread from symptomatic persons by close skin-to-skin contact, contact with respiratory secretions, or by contaminated cloth materials. Sexual transmission can cause oral, anal, and genital lesions that may lead individuals to seek STD testing.

4. What type of precautions are required for a patient with suspected or confirmed monkeypox?

- **Airborne/Contact/Eye protection** transmission-based precautions. The patient should remain in precautions until all lesions (pox) have resolved, the pox has fallen off, and a fresh layer of skin has formed.

5. What personal protective equipment (PPE) should be worn by the health care workers?

- Respirator (e.g. N-95 or PAPR), eye protection, gown and gloves.

6. What personal protective equipment (PPE) should be worn by the patient/visitor/support person?

- The patient/visitor/support person should wear a procedure mask.
- Please cover all lesions, for example, with long sleeves or pants.

7. What is the preferred patient placement?

The preferred patient placement is a negative pressure room with the door closed. The second choice is a neutral pressure room with the door closed. Do not place the patient in a positive pressure room.

8. How do I place an Epic order for hMPXV test?

- In Epic, select HUMAN MONKEYPOX VIRUS (HMPXV), PCR [LAB103735]
- Please see OHSU Now post for more information: [OHSU Now Post on hMPXV Epic order panel](#)

9. How do I collect a specimen for hMPXV testing?

- Please refer to Core Lab's procedure document: [OHSU procedure for collecting monkeypox specimens](#)
- Please see OHSU Now post for more information: [OHSU Now Post on hMPXV specimen collection](#)
- Please call the **Core Lab Client Services group** at: **503-494-7383** if you have questions

10. What to do next?

- Report only **confirmed** cases to Oregon Health Authority (OHA): 24/7 emergency line is **971-673-1111**. (This number can be used with a Washington state resident who seeks care in Oregon.)
- Clinicians seeking to initiate treatment for a presumptive or confirmed monkeypox patient can contact the OHA **on-call line at 971-673-1111** to request access through the CDC's Strategic National Stockpile (SNS).
- Contact OHSU Infection Prevention and Control once the public health authorities have been notified: 503-494-6694 or infcont@ohsu.edu. Outside business hours, please contact the AOD.

11. What else should I know?

- **Vaccination:** available in limited supply. Effective as post-exposure prophylaxis, especially in first 4 days, but up to 14 days. Vaccination may be appropriate before confirmatory testing in some cases.
- Practice proper **hand hygiene** after contact with an infected patient and/or their environment during care.
- Practice correct containment and disposal of contaminated waste (e.g., dressings) in accordance with facility-specific guidelines for infectious waste or local regulations pertaining to household waste. [OHSU's Healthcare Waste Sorting Grid](#)
- Paper on the exam table should be carefully rolled up with patient-facing surface in middle and discarded according to OHSU's waste sorting grid.
- **Do not shake out** linens or clothes, as this can aerosolize the virus.
- Soiled laundry (e.g., bedding, towels, personal clothing) should be carefully rolled up and promptly contained in an appropriate laundry bag to avoid contact with lesion material.
- Lesions should be kept covered to avoid spread of virus.
- Carefully handle used patient-care equipment in a manner that prevents contamination of skin and clothing.
 - Appropriately clean and reprocess used equipment.
- Ensure procedures are in place for cleaning and disinfecting environmental surfaces in the patient care environment.
 - Any EPA-registered hospital disinfectant currently used by health care facilities for environmental sanitation may be used. Follow the manufacturer's recommendations for concentration, contact time and care in handling.
- No set "downtime" after patient leaves exam room.

12. Where can I get more information?

- The [CDC website](#) has recommendations for clinicians and lab personnel, and general information about the 2022 U.S. monkeypox cases.
- IPC O2 website: [OHSU hMPXV \(monkeypox\) information page](#)
- Oregon Health Authority website: [OHA hMPXV \(monkeypox\) information page](#)
- Communication and Community Engagement: [CDC: Reducing Stigma in Communication & Community Engagement](#)

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