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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