



Monkeypox

INFO SHEET

WHAT IS IT?

Monkeypox is a disease caused by infection with the monkeypox virus. The monkeypox virus is part of the same family of viruses as the variola virus, which causes smallpox. Monkeypox symptoms are similar to smallpox symptoms but milder and rarely fatal. Monkeypox is not related to chickenpox.

SIGNS AND SYMPTOMS

Symptoms of monkeypox can include:



Fever



Headache



Muscle aches
and backache



Swollen
lymph nodes



Chills



Exhaustion



A rash that can look like pimples or blisters that appear on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus. The rash goes through different stages before healing completely. The illness typically lasts two to four weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

HOW IT'S SPREAD

Human-to-human transmission of monkeypox virus occurs through direct contact with lesion material or exposure to respiratory secretions. Reports of human-to-human transmission describe close contact with an infectious person. Transmission in health care settings has been rarely described.

INFECTION PREVENTION AND CONTROL

Precautions for preventing monkeypox transmission

Standard precautions should be applied for all resident care, including for residents with suspected monkeypox. If a resident is suspected of having monkeypox, immediately notify infection prevention and control personnel. *Activities that could resuspend dried material from lesions, e.g., use of portable fans, dry dusting, sweeping, or vacuuming, should be avoided.*

Resident placement

A resident with suspected or confirmed monkeypox infection should be placed in a single-person room with a dedicated bathroom; special air handling is not required. The door should be kept closed (if safe to do so). Transport and movement of the resident outside the room should be limited to medically essential purposes. If the resident is transported outside their room, they should use well-fitting source control (e.g., a medical mask) and have any exposed skin lesions covered with a sheet or gown.

Personal protective equipment (PPE)

PPE used by health care personnel who enter the resident's room should include:

- Gown
- Gloves
- Eye protection (i.e., goggles or a face shield that covers the front and sides of the face)
- NIOSH-approved particulate respirator equipped with N95 filters or higher

Environmental infection control

Standard cleaning and disinfection procedures should be performed using an Environmental Protection Agency (EPA)-registered hospital-grade disinfectant with an emerging viral pathogen claim. Products with [emerging viral pathogens claims](#) may be found on EPA's [List Q](#). Follow the manufacturer's directions for concentration, contact time, and care and handling.

Soiled laundry (e.g., bedding, towels, personal clothing) should be handled per [recommended](#) standard practices, avoiding contact with lesion material that may be present in the laundry. Soiled laundry should be gently and promptly contained in an appropriate laundry bag and never be shaken or handled in a manner that may disperse infectious material.

Activities such as dry dusting, sweeping or vacuuming should be avoided. Instead, a wet cleaning method should be used.

Management of food service items should also be performed in accordance with routine procedures.

Detailed information on environmental infection control in health care settings can be found in the Center for Disease Control and Prevention (CDC)'s [Guidelines for Environmental Infection Control in Health-Care Facilities](#) and [Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings](#) [section IV.F. Care of the environment].

VISUALS



What to do if you suspect a resident or employee has monkeypox

Clinicians should isolate the resident in a single-person room, if available, and immediately consult their state [health department](#) or the CDC through the Emergency Operations Center (770-488-7100) as soon as monkeypox is suspected. Prompt notification is important to facilitate testing, exposure

risk assessments for the resident or close contacts, and consideration of available medications and vaccination. In addition, health care personnel and residents in health care facilities who have been exposed to monkeypox should be monitored and receive postexposure management according to [current recommendations](#). For information on infection prevention and control, isolation, waste management and personal protective equipment, refer to the CDC's [Infection Prevention and Control of Monkeypox in Healthcare Settings](#). For more information about available medications and vaccination, please refer to the CDC's [Monkeypox and Smallpox Vaccine Guidance](#).

Monitoring Exposed Healthcare Professionals

Any healthcare worker who has cared for a monkeypox patient should be alert to the development of symptoms that could suggest monkeypox infection, especially within the 21-day period after the last date of care, and should notify infection control, occupational health, and the health department to be guided about a medical evaluation.

Healthcare workers who have unprotected exposures (i.e., not wearing PPE) to patients with monkeypox do not need to be excluded from work duty, but should undergo active surveillance for symptoms, which includes measurement of temperature at least twice daily for 21 days following the exposure. Prior to reporting for work each day, the healthcare worker should be interviewed regarding evidence of fever or rash.

Healthcare workers who have cared for or otherwise been in direct or indirect contact with monkeypox patients while adhering to recommended infection control precautions may undergo self-monitoring or active monitoring as determined by the health department. As mentioned above, healthcare personnel who have had an exposure to monkeypox should receive postexposure management according to current recommendations.

Other links:

[CDC: Monkeypox](#)

[Case Definitions for Use in the 2022 Monkeypox Response](#)

[Monkeypox US Outbreak 2022 Map & Case Count](#)

[Infection Prevention and Control of Monkeypox in Healthcare Settings](#)

[CDC COCA Call-Monkeypox: Updates About Clinical Diagnosis and Treatment](#)

[State Health Department Contacts](#)

[Monkeypox and Smallpox Vaccine Guidance](#)

[Monitoring People Who Have Been Exposed](#)

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