



Monkeypox

What you should know



CENTER FOR
INDIGENOUS HEALTH

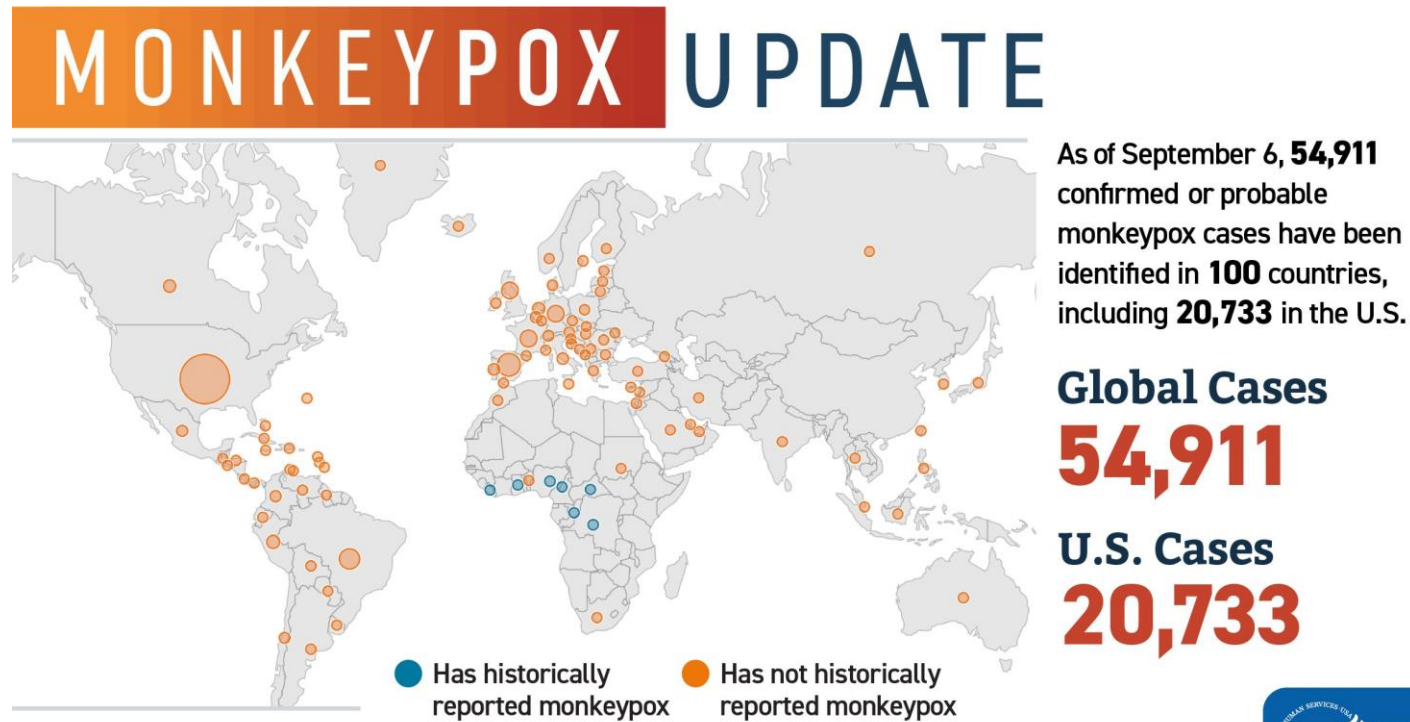
WHAT IS MONKEYPOX?

- An illness caused by the **monkeypox virus**.
 Same family as the smallpox virus.
 Virus is not related to chickenpox.
- Most commonly spread from **direct contact with an infected person**.
- Most people with monkeypox recover fully within 2 to 4 weeks without the need for medical treatment but it **can be serious**.



Why is Monkeypox a concern right now?

- Monkeypox has been around for a long time in some part of the world
- Recently cases (outbreaks) have been reported in countries around
- Raising awareness now can keep monkeypox from becoming a constant local presence



www.cdc.gov/monkeypox



Monkeypox: Preventing spread and illness



Testing



Treatment



Training



CLEAN
your hands

Public
Messaging



Vaccination

Signs and Symptoms of Monkeypox

Monkeypox can cause a rash that may look like pimples or blisters on or near the genitals or anus and other areas like the hands, feet, chest, face, or mouth.

Other symptoms can include:



Fever



Swollen lymph nodes



Muscle aches & backache



Chills



Exhaustion



Headache



Respiratory symptoms
(e.g., sore throat, nasal congestion, or cough)



www.cdc.gov/monkeypox



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MONKEYPOX

VISUAL EXAMPLES OF MONKEYPOX RASH

- Can appear anywhere on the body
- Usually lasts 2-4 weeks
- Virus can spread when person has a rash



Photo Credit: UK Health Security Agency



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MONKEYPOX

VISUAL EXAMPLES OF MONKEYPOX RASH



- Can appear anywhere on the body and usually lasts 2-4 weeks
- Virus can spread when person has a rash

Photo Credit: NHS England High Consequence Infectious Diseases Network



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How is Monkeypox spread?

Intimate
(including
sexual)
contact



Shared
sheets,
towels, or
clothing



Skin to skin
contact



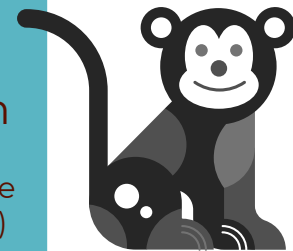
Face-to-face
time (6 feet or less
for more than 3 hours,
no masks)



Pregnancy



Animal
scratches,
bites, or
consumption
(only where
monkeypox is in the
animal population)



Management of Monkeypox

A person **infected** with monkeypox should **isolate at home** as much as possible while they have symptoms, including until the monkeypox rash has healed and a new layer of skin has formed.

To prevent spread to others:

- Use gauze or bandages to cover the rash.
- Don't lance (pop) or scratch lesions from the rash.
- Wear a well-fitting mask around other people until the rash and all other symptoms have resolved.
- Wash hands often.
- If you have rash on your hands, wear gloves when handling common objects or touching surfaces in shared spaces.
- Medications like Tylenol or Advil can help relieve pain. Topical medications or soaking in a bath may provide some relief for the itchiness of the rash.



Vaccines and treatments



- Vaccines can protect people from getting sick if they were recently exposed
- Only works if given within 2 weeks from exposure
- CDC recommends vaccination for people at increased risk of monkeypox including:
 - Someone who is **identified by a patient with monkeypox as a close contact**
 - Someone whose **sexual partner in the past 2 weeks** was diagnosed with monkeypox
 - Someone with **multiple sexual partners in the past 2 weeks in an area** with known monkeypox
- There are no treatments specifically for monkeypox virus infections. Antivirals, such as TPOXX, may be recommended for people who are more likely to get severely ill, like patients with weakened immune systems.
- Anyone with symptoms of monkeypox should talk to a healthcare provider, even if there isn't any known contact with someone who has monkeypox.

COMMON QUESTIONS & ANSWERS



How can I protect myself from Monkeypox?

The CDC recommends the following ways to prevent monkeypox spread:

- Avoid close, skin-to-skin contact with someone who has a rash that looks like monkeypox.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.
- Avoid crowded events with close, prolonged personal skin-to-skin contact.

As long as I don't have sex with someone who has monkeypox, am I safe?

Any close, sustained skin-to-skin contact with someone who has monkeypox can spread the virus. The contact does not have to be exclusively intimate or sexual.

What should someone do if they have a new or unexplained rash and/or other symptoms?

Avoid close contact, including sex or being intimate with anyone, until they have been checked by a healthcare provider.

If they don't have a provider or health insurance, visit the Walk-in, Urgent Care or Emergency Care at the nearest clinic or hospital.

When they check in:

- Wear a mask
- Let providers know if they have a rash



If I was exposed to someone with monkeypox, do I have to quarantine?

A person **infected** with monkeypox should **isolate at home**

- Stay home as much as possible while they have symptoms, including until the monkeypox rash has healed and a new layer of skin has formed.

For some types of infections, close **contacts** of an infected person are recommended to go into **quarantine**.

For **monkeypox, quarantine is not recommended** following close contact with a case

- People who are exposed should self-monitor for symptoms for 21 days after exposure

Could my pet get monkeypox?

Monkeypox can infect a wide range of mammal species.

There has been a single report of sick people transmitting monkeypox virus to a dog. However, CDC does not currently believe that it poses a high risk to pets.

People with monkeypox should avoid contact with animals, including pets, domestic animals, and wildlife to prevent spreading the virus.

Is monkeypox a sexually-transmitted infection (STI)?

Monkeypox can more accurately be described as sexually transmissible, meaning that sex is just one of the ways monkeypox can be spread.

Prevention tips for people who are sexually active

In addition to the general precautions:

Share **contact information** with any new partner for follow-up, if needed. **Talk before sex:**

- Discuss possible exposures or symptoms / rash

- Make sure you both feel comfortable and consider safer sex options

If **you or a partner has current or recent monkeypox symptoms or a new or unexplained rash:**

- Do not have sex

- See a healthcare provider

If monkeypox has been **reported in your area or social network**, ways to reduce risk:

- Fewer sex partners

- Less skin-to-skin contact

- Vaccines to protect against monkeypox

Where can I get the vaccine?

The Monkeypox vaccine is available to certain individuals, depending on the available supply and each person's health profile.

As the vaccine supply increases, more people may become eligible.

FACTS NOT FEAR

STOP THE SPREAD, STOP THE
STIGMA



Recommendations for CHRs

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Community Health Program
Consultant, Indian Health Service



Defining Community Health Workers (CHWs)

American Public Health Association (APHA) definition of a CHW:

Frontline public health workers who are trusted members of and/or have an unusually close understanding of the community served. This trusting relationship enables CHWs to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery. CHWs also build individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal counseling, social support and advocacy.

APHA. SUPPORT FOR COMMUNITY HEALTH WORKER LEADERSHIP IN DETERMINING WORKFORCE STANDARDS FOR TRAINING AND CREDENTIALING, 2014. AVAILABLE: [HTTPS://WWW.APHA.ORG/POLICIES-AND-ADVOCACY/PUBLIC-HEALTH-POLICY-STATEMENTS/POLICY-DATABASE/2015/01/28/14/15/SUPPORT-FOR-COMMUNITY-HEALTH-WORKER-LEADERSHIP](https://www.apha.org/policies-and-advocacy/public-health-policy-statements/policy-database/2015/01/28/14/15/support-for-community-health-worker-leadership)

IHS Definition of Community Health Representative (CHR)

CHRs are frontline public health workers who are trusted members of the community with a close understanding of the *community, language, and traditions*.

CHRs serve as a link between the clinical setting and the community to facilitate access to services and improve the quality and cultural competence of service delivery. They assist by increasing health knowledge of patients and communities through a broad range of activities such as transportation to health visits, outreach, community education, informal counseling, social support, and advocacy.

Why CHWs and CHRs?

Address gaps in care based on social determinants of health

Unique ability to understand the community's language, culture, and traditions

Act as intermediary between patient and provider

Work with a variety of health conditions

CHW/CHR can be utilized as the first point of [preventative care](#)



Lessons learned from COVID-19 for CHRs to apply to the Monkeypox outbreak





LESSONS LEARNED

CHRs have a diverse set of skills/experiences that allow them to be flexible and responsive to community needs

CHRs are invaluable resources for dissemination of information about Monkeypox

CHRs get accurate, easy to understand information out to the community as soon possible

CHRs address people's fears, answer questions and prevent development of stigma

Please see Monkeypox FAQ sheet as a reference

LESSONS LEARNED

Any disease outbreak requires flexibility by CHRs to address it. The CHR workforce is on the frontlines and can quickly pivot to address Monkeypox while also keeping other duties on track.

The Monkeypox outbreak will not result in shutdowns like the pandemic.

CHRs can be trained to assist clinical staff in Monkeypox contact tracing investigations as needed. PPE is not necessary unless collecting a Monkeypox specimen. However, wearing a mask while transporting patients is recommended.





LESSONS LEARNED

Follow basic recommendations based on how to keep yourself safe from Monkeypox based on CDC guidelines:

- Avoid close, skin-to-skin contact with someone who has a rash that looks like monkeypox.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.
- Avoid crowded events with close, prolonged personal skin-to-skin contact.
- Recommended to wear a mask if transporting patients.



Roles CHRs May Serve in Monkeypox

Member of Care Delivery Team

Care Coordinator/Manager

Screening and Health Educator

Outreach and Enrollment Agent

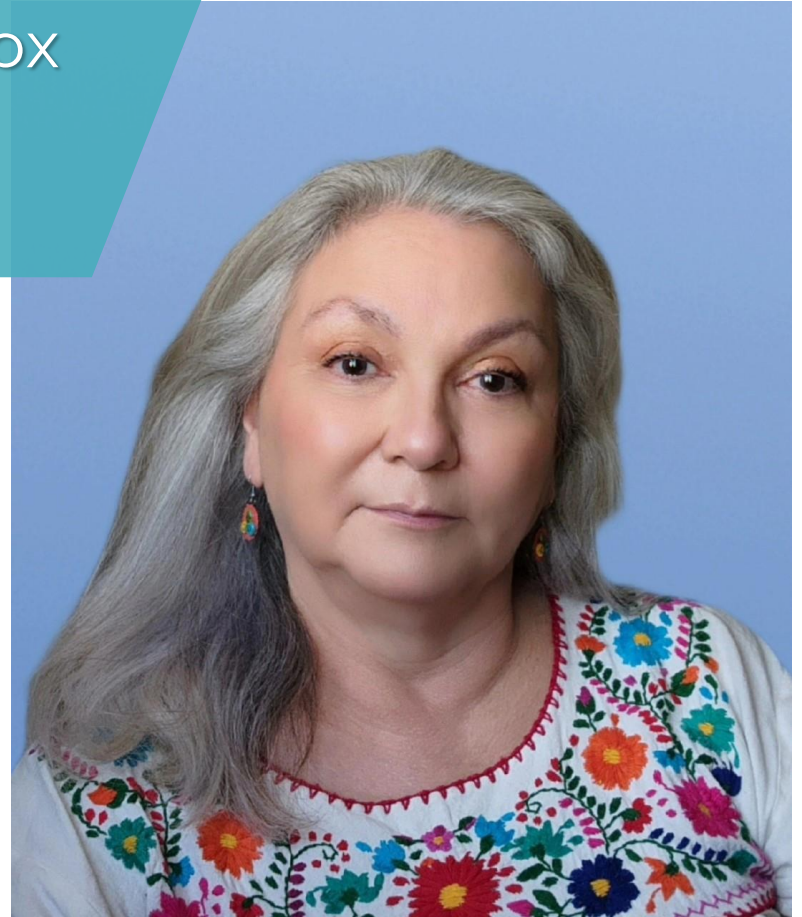


<https://www.ruralhealthinfo.org/toolkits/community-health-workers/2/program-models>

Documentation of Monkeypox

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Questions?



THANK YOU



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INDIGENOUS HEALTH**

