



DATE: July 28, 2022

TO: Our Mount Sinai Business Health Partners at Marymount Manhattan College

RE: Monkeypox Virus Outbreak

Important Update on Monkeypox

Monkeypox has been declared a Global Health Emergency by the World Health Organization on July 23, 2022. As of July 28, 2022, there are 20,638 cases worldwide; of those cases 4,638 are confirmed in the U.S. and 1,228 of those cases are in the state of New York.

Signs and Symptoms: Initial symptoms include fever, headache, muscle aches, swollen lymph nodes, chills, and fatigue. Within 1 to 3 days, or at times longer, after the appearance of fever, a rash develops. The rash, which can look like pimples or blisters, can appear on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus. Individuals are considered infectious when symptomatic and until the rash scabs over, falls off, and resolves. The illness typically lasts 2-4 weeks. Clinical presentation of recent cases has been atypical with absence of prodromal symptoms and fewer or scattered lesions.

Transmission: Transmission between humans occurs through large respiratory droplets and prolonged face-to-face contact or during intimate physical contact such as kissing, cuddling, or sex. Transmission can occur through direct contact with infectious rash, scabs, or body fluids or contact with an item that has become contaminated by touching infectious rash or with body fluids (e.g., clothing, linens).

Prevention: In order to prevent the spread of infection, people should avoid contact with anyone with known or suspected monkeypox. Individuals who may have symptoms of monkeypox should isolate and contact their healthcare provider immediately. Individuals who report contact with a person with confirmed or suspected monkeypox should be monitored for 21 days after their exposure for symptoms including fever, chills, swollen lymph nodes, and new skin rash. If symptoms develop, individuals should immediately isolate themselves.

Infected individuals should be isolated until all scabs fall off and a fresh layer of healthy skin has formed underneath. Decisions about discontinuation of isolation should be made in consultation with a healthcare provider. Personal protective equipment should be used and good hand hygiene should be followed when caring for these individuals.

Vaccination: CDC recommends vaccination for individuals who have been exposed to monkeypox or are at a higher risk of being exposed. Appointments for vaccination can be found at NYC.gov (<https://vax4nyc.nyc.gov/patient/s/monkeypox>).

Treatment: Most individuals with monkeypox have a self-limited disease course managed with supportive care. For severe infection, risk of illness complication, or risk factors for progression to severe disease, antiviral treatment can be considered.

Mount Sinai offers offer diagnostic testing and management of monkeypox including evaluation for antiviral medications. Please reach out to us to schedule an appointment. We are here to support you with any further support or guidance you may need.

Information listed here may be found on the CDC, NYSDOH, & NYCDOH websites.

