

MONKEYPOX: WHAT YOU NEED TO KNOW

Monkeypox is a rare disease caused by the monkeypox virus. Until spring 2022, monkeypox cases were rare in the U.S. The Delaware Division of Public Health (DPH) announced Delaware's first case on July 12, 2022.

TRANSMISSION OF MONKEYPOX

Incubation period 7 to 14 days



CONTACT WITH LESIONS



BODY FLUIDS



CONTAMINATED MATERIALS



RESPIRATORY DROPLET

- It can spread to anyone through close, personal, often skin-to-skin contact including:
 - Direct Contact with monkeypox rash.
 - Scabs
 - Body fluids for a person with monkeypox
- It can spread by touching objects:
 - Fabrics clothing, bedding, or towels
 - Surfaces that have been used by someone with monkeypox
 - Contact with respiratory secretions.
- This contact can happen during intimate contact including:
 - Sex with a person with monkeypox
 - Hugging
 - Kissing
 - Prolonged face-to-face contact
- Multiple or anonymous sex partners may increase your chances for exposure to monkeypox. Limiting your number of sex partners may reduce the possibility of exposure.

MONKEYPOX SYMPTOMS

- Symptoms usually start within 3 weeks of exposure.
- Most people will get a rash that may look like pimples.
- The flu-like symptoms: fever, headache, muscle aches and backache, sore throat, cough, swollen lymph nodes, chills, or exhaustion.
- Rash will appear 1-4 days after flu-like symptoms.
- Rash will go through several stages, including scabs, before healing.
- The rash may also be inside the body.
- Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. This can take several weeks.

SUSPECTED INFECTION: NEXT STEPS



Call your doctor. Ask about getting tested.



Wear a mask to visit a doctor.



Smallpox vaccine, antivirals and vaccine immune globulin (VIG) may be prescribed.



Isolate until rash has healed and new layer of skin has formed.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

July 2022

Adapted from the CDC

Office of Infectious Disease Epidemiology

24/7 Emergency Contact Number: 1-888-295-5156

CLEANING & DISINFECTING FOR MONKEYPOX

For homes and hospitality industry

Proper cleaning of all exposed items is essential following a case of monkeypox. Poxviruses can survive in linens, clothing and on surfaces. In one study, investigators found live virus 15 days after a patient's home was left unoccupied. Porous materials (bedding, clothing, etc.) may harbor live virus for longer periods of time than non-porous (plastic, glass, metal) surfaces. People who have recovered from monkeypox and whose isolation period has ended should disinfect all spaces within the home they had been in contact with. Follow the steps below to minimize risk of infection to others in your home after recovery.

STEPS FOR CLEANING AFTER AN INFECTION



If cleaning and disinfection is done by someone other than the person with monkeypox, that person should wear, at a minimum, disposable medical gloves and a respirator or well-fitting mask. Clothing that fully covers the skin should be worn, and immediately laundered. Wash hands with soap and water or use alcohol-based hand sanitizer.

Hospitality Industry/Air B&B/Vacation Rental cleaning staff: Prevention is the best approach. While monkeypox is circulating, make sure you always wear gloves to change linens and bedding.



Use an EPA-recommended disinfectant. Focus on disinfecting items and surfaces that were in direct contact with the skin. Do not dry dust or sweep as this may spread infectious particles.



Wash sheets, blankets, clothes, and towels.

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