



## The Township of Ewing Board of Health

BERT H. STEINMANN, MAYOR

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### Monkeypox Talking Points

1. People who think they may have been exposed to monkeypox or who have symptoms of monkeypox should consult with a healthcare provider.
  - a. Early flu-like symptoms of monkeypox can include fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion.
  - b. Rash appears within 1 to 3 days (sometimes longer) after fever, often beginning on the face then spreading to other parts of the body.
  - c. Illness usually lasts 2–4 weeks.
2. At this time, the risk of monkeypox to the general public in the United States is believed to be low.
  - a. Monkeypox does not spread easily to people without close contact.
  - b. Monkeypox can spread through: Direct contact with monkeypox rash, sores or scabs; contact with objects, clothing, bedding, towels, or surfaces used by someone with monkeypox; respiratory droplets or oral fluids from a person with monkeypox.
  - c. Cases in the U.S. include individuals who self-identify as men who have sex with men, but monkeypox can spread from direct contact with any infected individual.
3. What should I do if I have symptoms?
  - a. See a health care provider if you have a new rash or other monkeypox symptoms. Avoid close contact (including intimate contact) with others until a health care provider sees you for an exam. If you think that there is a possibility that you may have monkeypox, wear a mask and remind the health care provider that the virus is circulating. Avoid close contact, including sexual or intimate contact, with anyone until you have been seen. Rashes on the body should be covered with long sleeves or pants to avoid touching other people.

4. If you are diagnosed with monkeypox, or an orthopox virus, avoid others until your symptoms have gone away and the rash has healed completely. This includes:
  - a. Avoiding sex or being intimate with anyone until all your sores have healed and you have a fresh layer of skin formed.
  - b. Avoiding crowds.
  - c. Avoiding contact with animals including pets, domestic animals, and wildlife.
  - d. Rashes on the body should be covered with long sleeves or pants to avoid touching other people.
  - e. If rashes can't be easily covered, stay away from other people and pets as much as possible.
  - f. Wash your hands often with soap and water. Use hand sanitizer if soap and water are not available.
  - g. Wash surfaces and materials that you have touched while you had symptoms, including bedding, towels, clothing, sex toys, and surfaces such as door handles or counter tops. Standard household cleaning and disinfecting products may be used in accordance with the manufacturer's instructions.
5. Do people who had close contact with a monkeypox patient have to quarantine?
  - a. Close contacts of monkeypox cases should self-monitor for the development of symptoms for 21 days after the last exposure and should avoid close physical contact with young children, pregnant people, and those with weak immune systems. They do not have to quarantine at home for that time. However, if symptoms develop, they should isolate themselves and call their doctor.
6. The vaccine is currently being administered only to people known to have had close contact with someone infected with monkeypox, known possible exposures, and those with certain risk factors.
  - a. If you think you have been exposed, discuss this with your health care provider and local health department right away.
  - b. Vaccine access is expanding and will likely continue to expand in the future.
  - c. Check with your local health department or visit the NJDOH monkeypox page for updates on vaccination. <https://www.nj.gov/health/cd/topics/monkeypox.shtml>
  - d. There are also two vaccines that have been stockpiled by the U.S. government that can prevent monkeypox in people who are exposed to the virus. Vaccines may be recommended for people who have had contact with someone who has monkeypox, or for health care and public health workers who may have been exposed to the virus. The vaccines are called JYNNEOS and ACAM2000.