



# HMPXV GUIDANCE FOR PARENTS





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### OVERVIEW AND BACKGROUND

Monkeypox (hMPXV) is a viral disease that can cause flu-like symptoms and a rash. Monkeypox does not spread easily between people. At this time, the risk of monkeypox to children and adolescents in the United States is low. Monkeypox virus can infect anyone – including children – if they have close, personal, skin-to-skin contact with someone who has an active rash or lesions.

In this outbreak, most cases of hMPXV have been associated with sexual contact. Although less common in the current outbreak, hMPXV may also spread by touching fabrics (clothing, bedding, sleeping mats, or towels), contaminated objects (such as toys or eating utensils), and surfaces that have been used by a case. (CDC)

### PRESENTATION, COMMON SIGNS AND SYMPTOMS

hMPXV symptoms usually start within 3 weeks of exposure to the virus. hMPXV 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. The illness typically lasts 2-4 weeks.

Symptoms of hMPXV can include:

- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.
- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)

### WHAT TO DO IF YOU OR MEMBERS OF YOUR HOUSEHOLD TEST POSITIVE?

**If you are experiencing fever, chills, or respiratory symptoms (such as cough, nasal congestion, sore throat), you should isolate at home until these symptoms have resolved for at least 48 hours.**

- Isolate alone in your home or in a separate room or area of your home away from other household members, if possible.
- Do not have non-essential visitors over.
- Do not leave your home unless you require medical attention or in case of emergency.
- **If you cannot isolate**, you should wear a respirator or well-fitting mask when around others, keep all lesions covered by clothes, gloves, or bandages, and avoid direct, skin-to-skin contact.

	<p><b>If you have a rash without any fever, chills, or respiratory symptoms:</b> If any fever, chills, or respiratory symptoms, have been resolved for at least 48 hours but you still have a rash, <u>you no longer need to strictly isolate at home and can be around others while taking precautions, including:</u></p> <ul style="list-style-type: none"> <li>• Avoid any skin-to-skin contact, especially sex or other intimate physical activities</li> <li>• Fully cover all lesions with clothes, bandages, or gloves</li> <li>• Wear a respirator or well-fitting face mask when around others</li> <li>• Don't share any personal items, clothes, linens, or dishware</li> <li>• Disinfect and launder shared spaces, surfaces, or items</li> <li>• Avoid crowded spaces</li> <li>• Frequently wash your hands with soap and water or alcohol-based hand sanitizer (OHA)</li> </ul>
<b>TESTING</b>	<p>Testing is available for hMPXV and is done by swabbing the rash of someone with symptoms. There is no blood test. If you or members of your household develop symptoms, see your primary care provider. If you don't have a provider, please call (541) 682-4041.</p>
<b>VACCINATION</b>	<p>At this time, there is no need for widespread vaccination for monkeypox among the general population. Vaccines are available for close contacts of positive cases and those considered to be at high-risk for exposure.</p>
<b>CONTACTING LANE COUNTY PUBLIC HEALTH</b>	<p>If you think there has been an exposure among members of your household, please call Lane County Public Health (541) 682-4041 to discuss your situation with our team.</p>
<b>REFERENCES AND HELPFUL DOCUMENTS:</b>	<p><b>CDC:</b> <a href="#">Disinfecting Home and Other Non-Healthcare Settings</a></p> <p><b>CDC:</b> <a href="#">Isolation and Infection Control at Home</a></p> <p><b>CDC:</b> <a href="#">Monkeypox Signs and Symptoms</a></p> <p><b>CDC:</b> <a href="#">Schools, Early Care and Education Programs, and Other Settings Serving Children or Adolescents</a></p> <p><b>CDC:</b> <a href="#">What you Need to Know about Monkeypox if you are a Teen or Young Adult</a></p> <p><b>OHA:</b> <a href="#">Monkeypox Homepage</a></p> <p><b>OHA:</b> <a href="#">Isolation, Infection Control, and Prevention Guidance</a></p>