

## Monkeypox (hMPXV) update -- August 24, 2022

### OHA introduces new monkeypox (hMPXV) website

Oregon Health Authority launched a [new website](#) dedicated to helping people in Oregon learn more about the ongoing outbreak that has affected thousands worldwide. The new website includes information for the public, clinicians, public health and community organizations; the website is also available in Spanish.

### U.S. acts to stretch doses of hMPXV vaccine

In a move to expand the reach of the hMPXV vaccine, the U.S. will permit fractional doses of the Jynneos vaccine. Fractional dosing, administered intradermally (into the skin), could maximize the number of doses that can be administered without compromising protection. Under the approach, eligible people aged 18 and over will be offered a 0.1ml dose of the smallpox Jynneos vaccine administered intradermal, instead of the 0.5ml dose that is typically administered subcutaneous. This will potentially enable up to a 5-fold increase in the number of people that can be offered vaccination. Dosing in this way has been successfully used in outbreaks of other viral diseases around the world and [existing data](#) indicates this should not compromise protection. Clackamas County started using the new dosage and administrative technique on Tuesday.

### OHA, DCBS require health insurers to cover administration of hMPXV vaccinations

Oregon insurers are now required to [cover the cost of hMPXV vaccination](#) administration for their health plan members in Oregon. State health officials want to ensure that those at risk for the virus have simple, affordable access to the two vaccines, Jynneos and ACAM2000, available for hMPXV. The new insurance coverage requirement removes financial barriers to vaccination.

### Case Counts

As of August 17, there are 68 confirmed and 48 presumptive cases of orthopoxvirus across the state. Four cases of hMPXV have been identified in Clackamas County. Nationally, 15,422 hMPXV [cases have been confirmed](#) in all 50 states and worldwide, 40,500 cases in 89 countries have been confirmed.

### Get Vaccinated

Clackamas County Public Health is offering vaccine clinics for hMPXV on Tuesdays and Wednesdays at Clackamas Town Center from 11am to 7pm. Supply is limited to 260 doses per day. All appointments must be scheduled in advance. Call (503) 988-3700 for an appointment.

### First Pediatric Case

The Oregon Health Authority confirmed the state's [first pediatric hMPXV case](#) last week, noting that the infection had been linked to a confirmed adult case in Oregon. Risk of hMPXV spreading in school settings is low, since the most common means of person-to-person transmission is direct contact with the rash, scabs or body fluids of a person with the virus.

## About hMPXV

The hMPXV virus is not limited to one community or another, anyone is susceptible to the virus. hMPXV is a known virus that has caused small outbreaks in the U.S. over the last few decades. hMPXV is a viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients, although it is clinically less severe; most individuals recover without treatment.

In relative terms, hMPXV is not very transmissible and will not spread like COVID-19. Studies are currently underway to further understand the epidemiology, sources of infection, and transmission patterns. [Track U.S. cases here.](#)

## Transmission

After a human is infected, they can infect other humans through several avenues:

- Skin-to-skin contact with the rash/sores
- Respiratory droplets, during extended face-to-face contact
- Contact with fluid from the pox
- Contaminated bedding or clothing

Scientists are still researching:

- If the virus can be spread when someone has no [symptoms](#).
- How often hMPXV is spread through respiratory secretions, or when a person with hMPXV symptoms might be more likely to spread the virus through respiratory secretions.
- Whether hMPXV can be spread through semen, vaginal fluids, urine, or feces.

## Prevention

Surveillance and rapid identification of new cases is critical for outbreak containment. During human hMPXV outbreaks, close contact with infected persons is the most significant risk factor for hMPXV virus infection.

- Avoid sex or other intimate contact if you or your partner have new skin lesions, fever, swollen lymph nodes or otherwise suspect exposure to hMPXV. Condoms do not prevent the spread of the virus (but do prevent spread of other infections).
- Avoid contact with materials such as bedding that have been used by someone infected
- Wash hands thoroughly if you have contact with someone with hMPXV.
- If you get symptoms, isolate yourself at home until you can connect with a health care provider

## Signs and Symptoms

Once someone is infected they can be sick for 2-4 weeks. The infection period is categorized [into two periods](#):

1. Invasion period (0-5 days)- people typically present flu-like symptoms:
  - Fever
  - Swollen lymph nodes
  - Chills
  - Headache
  - Muscle aches
  - Fatigue
2. Rash period (within 1-3 days of fever): A distinctive rash typically starts in the face, which then moves to extremities. The rash starts as raised bumps that then fill with fluid (clear to cloudy), turn into open sores, then scab over and disappear. This process usually takes 2-4 weeks. The rash can occur anywhere on the body, including face, hands, genital area, and around the anus.

For visual examples of hMPXV rash, [click here](#).

## Testing and Treatment

**Testing:** Testing for hMPXV is available. Ask a health care provider about testing if you develop a new rash/bumps/sores, especially if you have traveled in the last month to other areas in the world where cases have been found or you know you have been in contact with anyone with the infection.

**Vaccines:** At this time, limited vaccines are available for specific high-risk contacts. The vaccines are effective at protecting people against hMPXV before exposure. However, it can also help prevent disease or make it less severe after

exposure. The CDC recommends the vaccine be given within four days of exposure to prevent onset of the disease. It can be given after four days to reduce the symptoms.

**Treatment:** Effective therapeutics have already been developed but not widely available. The antiviral ST-246 (tercovirimat), for example, was developed specifically for smallpox but works for all orthopoxviruses including hMPXV.

**Other mitigation measures:** COVID-19 mitigation measures, like masks and improved ventilation and filtration, will help with reducing spread.

See the Clackamas County Public Health Department [hMPXV webpage](#) for more information and resources.