

## Monkeypox (hMPXV) update – September 07, 2022

### About Monkeypox (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. It is related to smallpox, but is much less severe; most individuals recover fully 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

Monkeypox can spread from person to person through direct contact with the infectious rash, scabs, or body fluids. It also can be spread by respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex.

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.

### Case Counts

As of September 7th, there are 108 confirmed and 71 presumptive cases of orthopoxvirus across the state. Five cases of hMPXV have been identified in Clackamas County. Nationally, 21,274 hMPXV [cases have been confirmed](#) in all 50 states and worldwide, 56,026 cases have been confirmed with 17 total deaths.

### 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](#).

## Vaccines

At this time, Oregon has sufficient vaccine supply, and it is recommended for anyone who identifies as being at risk for getting monkeypox. 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 to fourteen days of exposure to prevent or limit disease.

Two weeks ago, the CDC and OHA changed guidelines to use fractional doses of the Jynneos vaccine. Under the approach, eligible people aged 18 and over are receiving a 0.1ml dose of the smallpox Jynneos vaccine intradermally (into the skin), which, due to the immune system's presence in the skin is as effective as the 0.5ml dose under the skin that was initially administered. This enabled up to a 5-fold increase in the number of people that can be offered vaccination and has increase the vaccine availability enough that providers are now encouraged to begin administering second doses to patients who have already received their first dose of JYNNEOS.

## **Emergency Use Authorization (EUA) for use of Jynneos in individuals <18**

The [FDA](#) has issued an EUA for emergency use of Jynneos vaccine in individuals 5 months – 17 years of age determined to be at high risk for monkeypox infection. Currently Clackamas County is offering Jynneos to all identified close contacts of known cases, and to individuals 15 years of age and older who are at risk of coming into contact with monkeypox.

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

Oregon insurers are now required to [cover the cost of Monkeypox vaccination](#) administration and testing 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 vaccine. The new insurance coverage requirement removes financial barriers to vaccination.

## **Get Vaccinated**

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

Clackamas County continues to work with partners at OHA, other counties and community clinics to address the vaccine needs for our community. Other partners in the region also offering Jynneos vaccine: <https://mpoxvaxmap.org/>

## **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 know or suspect you have been in contact with anyone with the infection. Testing is available through commercial laboratories, and most medical providers should have the ability to test. They do not need permission from Public Health to test for monkeypox.

**Treatment:** Effective therapeutics have already been developed but not widely available. The antiviral ST-246 (tecovirimat), for example, was developed specifically for smallpox but works for all orthopoxviruses including hMPXV and can be available for severe cases of hMPXV through their healthcare provider.

## **Other Resources**

Clackamas County provides multiple resources at the Clackamas Town Center hMPXV vaccine clinics via community partners and other public health departments. These resources include:

- Cascade AIDS Project (CAP) providing onsite full STI testing and Navigator offering support to individuals to access healthcare and HIV pre-exposure prophylaxis (PrEP) therapies
- NARCAN (naloxone HCl) distribution and education via Public Health
- Rapid HIV home test distribution via Public Health

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