

Connecticut Department of Public Health

What You Need to Know About Monkeypox

17-August-2022

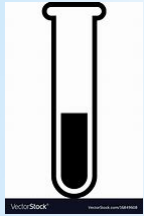
Lynn Sosa, MD

Monkeypox 101



What is monkeypox and who is it affecting?

Monkeypox is a viral illness. The current outbreak is disproportionately affecting men who have sex with men. More information about monkeypox and how to prevent illness is available from [DPH](#) and [CDC](#).



How do you get tested?

Contact your healthcare provider. You must have a rash to be tested.



Are there treatments for monkeypox?

Yes, there is an antiviral called tecoviromat (TPOXX). Instructions for healthcare providers to prescribe TPOXX are on the [DPH website](#).

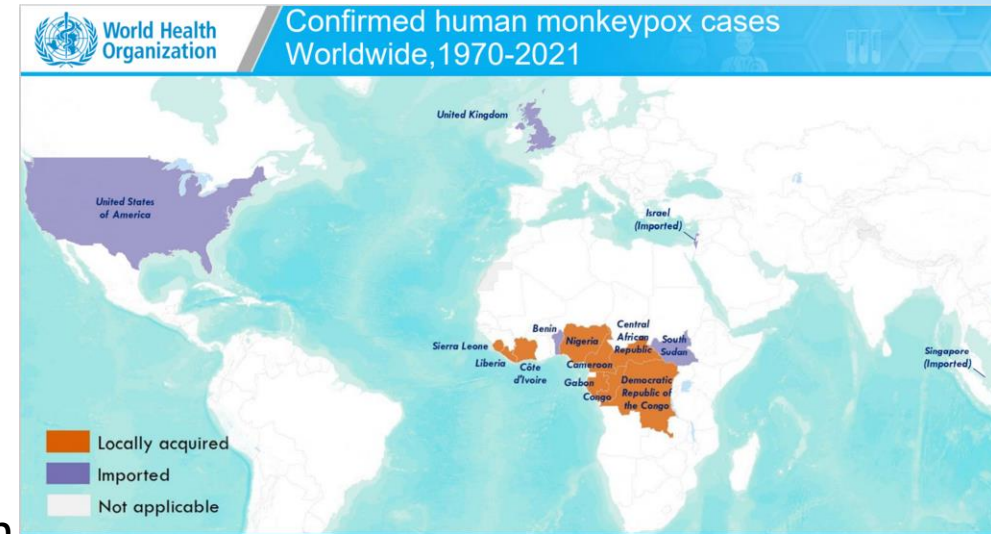


How can someone get vaccinated against monkeypox?

Limited supplies of the JYNNEOS vaccine are available to persons at high risk. Eligibility criteria and a list of vaccine clinics are on the [DPH website](#).

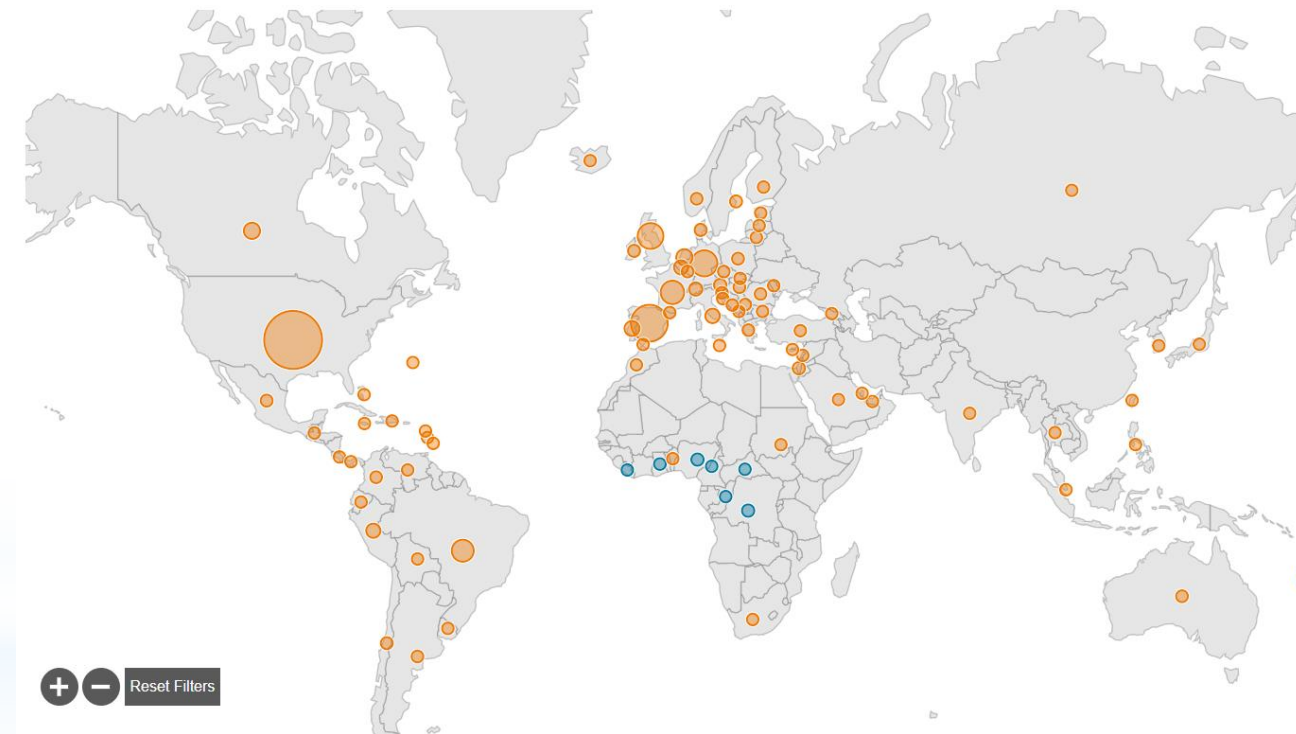
What did we already know about monkeypox?

- Not a new disease but rare
- Endemic in west and central Africa
- Caused by Monkeypox virus (an orthopoxvirus)
- Specific animal reservoir unknown, but likely small mammals
- Can spread from infected animals to humans and person-to-person
 - Respiratory secretions
 - Skin-to-skin contact with infected body fluids (e.g., fluid from vesicles and pustules)
 - Fomites (e.g., shared towels, contaminated bedding)
- Incubation period is long: 4-17 days (average 5-13 days); **a person is not contagious until symptoms begin**
- Previous cases in the US associated with travel and imported small mammals



What is new about monkeypox?

- May 2022- First reports of large numbers of cases of monkeypox in European countries where it does not usually occur
- Cases associated with large parties, raves
- Primarily affecting men who have sex with men, bisexual men and other men who have sex with men
 - **Primarily skin-to-skin contact, including close intimate/sexual contact**
- 31,799 cases in 89 countries
- WHO has declared monkeypox a global health emergency

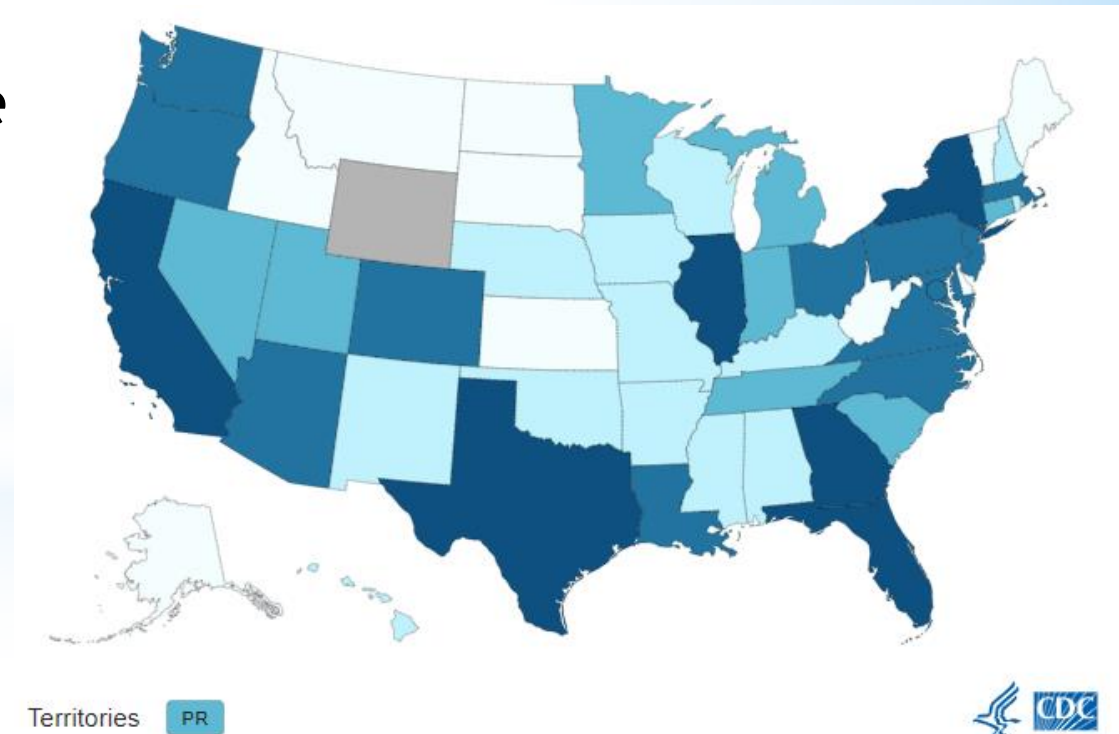


Monkeypox in the United States

As of August 16, 2022- 12,689 cases

Based on MMWR released August 5, 2022

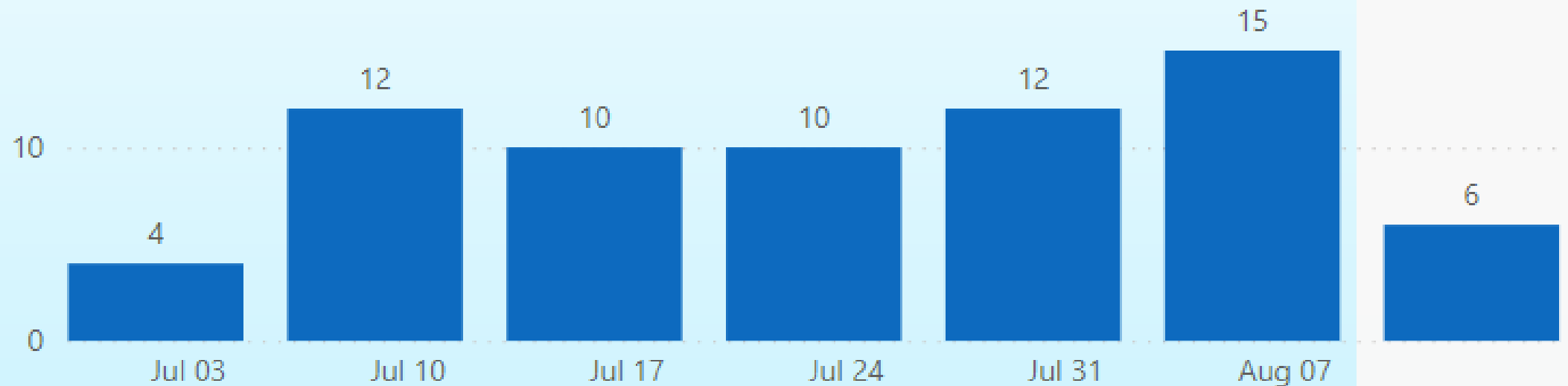
- Median age: 35 years
- 99% male sex at birth; majority men who have sex with men
- 41% White non-Hispanic
- 28% Hispanic
- 26% Black
- 2 cases in children
- No deaths



Monkeypox in Connecticut

- 69 cases reported as of Aug. 16

Number of new monkeypox cases by week



Shading indicates data are incomplete for the most recent week

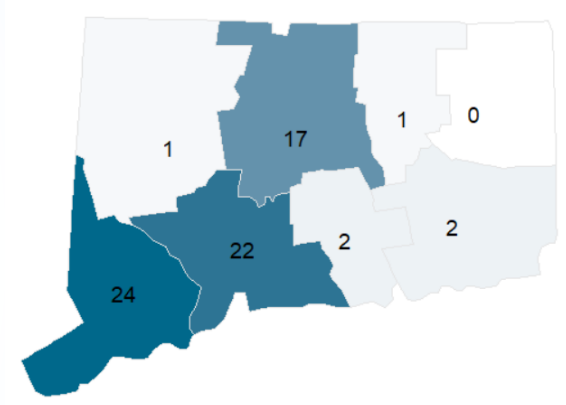
Data report is updated weekly.

Monkeypox in Connecticut

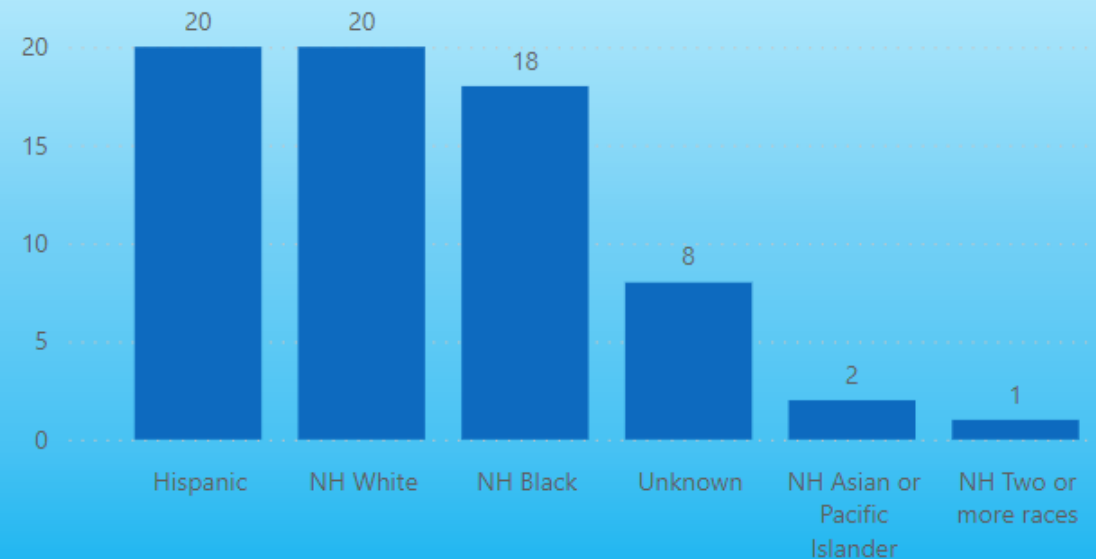
- Almost all cases are in men and persons who identify as LGBTQ+
- Median age 34 years, most are aged 20-49 years
- Cases have been reported in 7 Connecticut counties

95%

identify as **LGBTQ+**
among 47 cases with information
about sexual orientation



Cumulative Case Count by Race/Ethnicity



What does monkeypox look like?



Firm, deep-seated, well-circumscribed, sometimes umbilicated



How do you get tested for monkeypox?

- You can only be tested for monkeypox if you have a rash
- People who need testing should reach out to their healthcare provider. The healthcare provider will swab the lesions and send to the laboratory; results will come from the healthcare provider, not the laboratory.
- Testing is currently available at the State Public Health Laboratory (SPHL) and 5 commercial laboratories
 - As of Aug 12, SPHL tested **468 swabs from 233 patients**
 - SPHL started monkeypox testing on May 22, and was the only laboratory offering testing in CT until July
 - SPHL is testing Mon-Fri, with evenings, weekends, and holidays for urgent cases
 - Turn around time 24-48 hours; 24 hours for urgent specimens
 - SPHL supported courier service to transport specimens to the lab to testing for health facilities that otherwise could not transport to SPHL
 - The SPHL had hosted a meeting for hospital labs to provide guidance in submitting potential monkeypox specimens.
 - Regular email communications are being provided to our partners as new specimen collection and safety guidance became available

What should you do if you have monkeypox?

- **Isolate** until rash has fully resolved, scabs have fallen off, and a fresh layer of intact skin has formed (this may take several weeks)
- **Do not leave the home** except as required for emergencies or follow-up medical care; do not travel during isolation
 - If medical care is needed, call to notify healthcare providers of diagnosis before seeking care
- **Avoid close physical contact** with others
 - Wear well-fitting source control (e.g., medical mask) when in close contact with others at home
 - Do not engage in sexual activity that involves direct physical contact
- **Do not share potentially contaminated items**, such as bed linens, clothing, towels, wash cloths, drinking glasses or eating utensils
- **Avoid close contact** with pets in the home and other animals

What can you do to protect yourself?

- **Be aware** of new or unexplained rash on your body or your partner's body, including the genitals and anus
- **See a healthcare provider** if you or your partner have recently been sick, currently feel sick, or have a new or an unexplained rash, and do not have sex
- **Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox**
 - Do not touch the rash or scabs of a person with monkeypox
 - Do not kiss, hug, cuddle or have sex with someone with monkeypox
 - Do not share eating utensils or cups with a person with monkeypox
- **Do not handle or touch** the bedding, towels, fetish gear, sex toys, or clothing of a person with monkeypox
- **Condoms may help** if rash/sores are confined to genitals/anus; however, condoms alone are likely not enough to prevent monkeypox
- **Limiting your number of sex partners** may reduce the possibility of exposure

Are there treatments for monkeypox?

- Tecoviramat (TPOXX), an antiviral developed and approved to treat smallpox, can be used for monkeypox
- 25 patients treated with TPOXX in Connecticut as of Aug. 12
- Treatment considerations:
 - Persons with severe disease (including bleeding, pain)
 - Persons at high risk of severe disease
- TPOXX is considered an investigational drug so patient must provide informed consent prior to starting medication
 - TPOXX is available in the state at multiple hospitals and through the UCHC Specialty Pharmacy for outpatients



What vaccines are available for monkeypox?

JYNNEOS

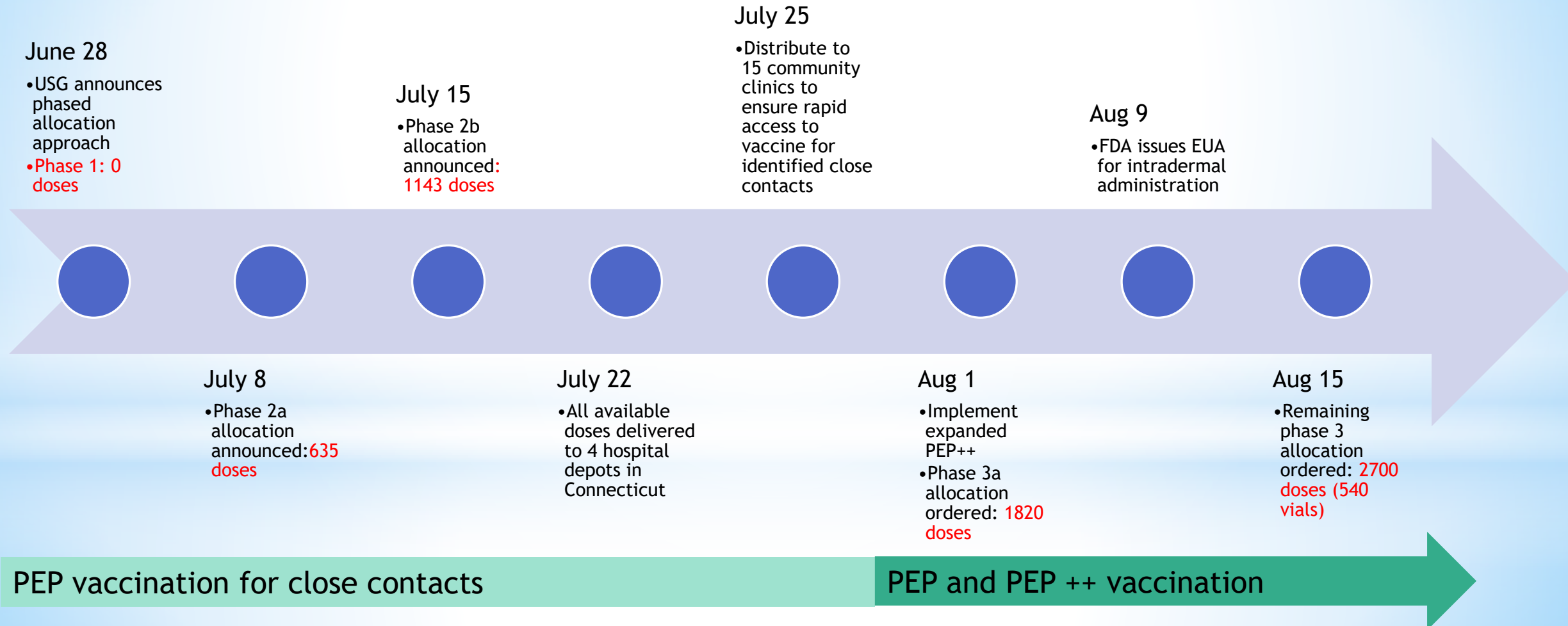
- Vaccine currently being allocated to Connecticut
- Very limited supply
- FDA issued EUA for intradermal administration on Aug. 9; increases amount of vaccine available
- Contains a live virus but cannot get monkeypox from the vaccine
- Administered as two injections four weeks apart
- A person is considered fully immunized 14 days after the second dose
- The effectiveness against monkeypox is supported by animal studies
- Adverse reactions include injection site reactions such as pain, swelling, and redness
- Safe for administration to people with HIV and atopic dermatitis

What vaccines are available for monkeypox?

ACAM 2000

- Identifying healthcare providers who are interested in administering this vaccine
- Live *Vaccinia virus* vaccine
- Administered as one percutaneous dose via multiple puncture technique with a bifurcated needle (providers need to be specially trained)
- Following a successful inoculation, a lesion (known as a “take”) will develop at the site of the vaccination; the lesion may take up to 6 weeks or more to heal
- The immune response takes 4 weeks
- Licensed by the FDA for use against smallpox; allowed for use against monkeypox under an Expanded Access IND, which requires informed consent along with submission of additional forms
- The effectiveness of ACAM2000 is supported by human clinical trials and animal studies
- Adverse reactions include injection site pain, swelling, and redness; fever; rash; lymph node swelling; and complications from inadvertent inoculation.
- Should not be given to persons with immune compromise (HIV) and other certain medical conditions

Monkeypox Vaccine Timeline



How can monkeypox vaccine be used?

- **Post-exposure prophylaxis (PEP)**
 - Persons with a known exposure to a person with monkeypox
 - Up to 14 days after exposure to prevent illness
 - Best if given within 4 days of exposure
 - Referrals made through public health
- **Expanded PEP (PEP++)**
 - Persons with certain risk factors for exposure to monkeypox
 - Trying to identify persons who could have been exposed, even if they don't know for sure
- **Pre-exposure prophylaxis (PrEP)**
 - Used for someone who could be high risk for exposure to monkeypox (laboratory worker)
 - Not recommended for most people at this time

Eligibility Criteria for Monkeypox Vaccine in Connecticut (updated)

1. Persons identified by public health as being close contacts to someone who has tested positive for monkeypox
2. Persons who meet the following criteria:
 - * People who are aware that a sexual partner in the past 14 days was diagnosed with monkeypox **OR** had multiple sexual partners in the past 14 days in a jurisdiction with known monkeypox
 - * Age 18 or older

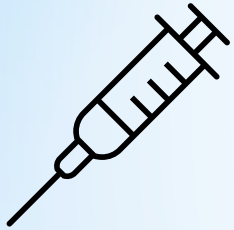
If eligible to be vaccinated, persons should especially consider getting vaccinated if:

- Your partner(s) are showing symptoms of monkeypox, such as a rash or sores
- You met recent partner(s) through online applications or social media platforms (such as Grindr, Tinder or Scruff), or at clubs, raves, sex parties, saunas or other large gatherings
- You have a condition that may increase your risk for severe disease (HIV or another condition that weakens your immune system, history of atopic dermatitis or eczema)

Persons who have had monkeypox, likely have some protection against another infection and are currently not eligible to be vaccinated

Monkeypox Vaccine Network

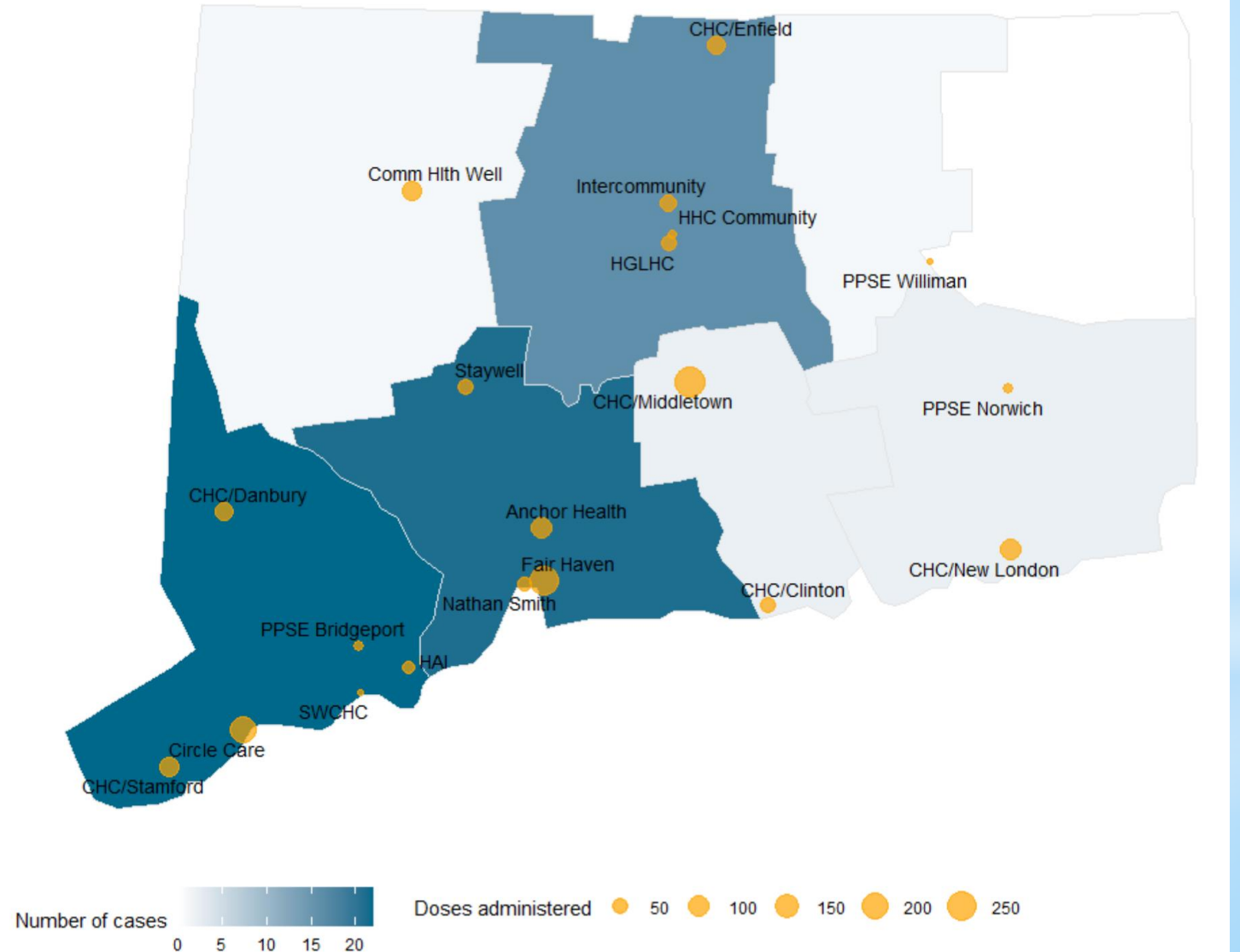
20 clinics



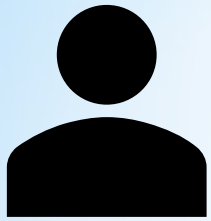
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doses administered by CT
providers as of Aug. 15

List of vaccinating clinics:
[Monkeypox Vaccination
\(ct.gov\)](https://www.ct.gov/monkeypox)



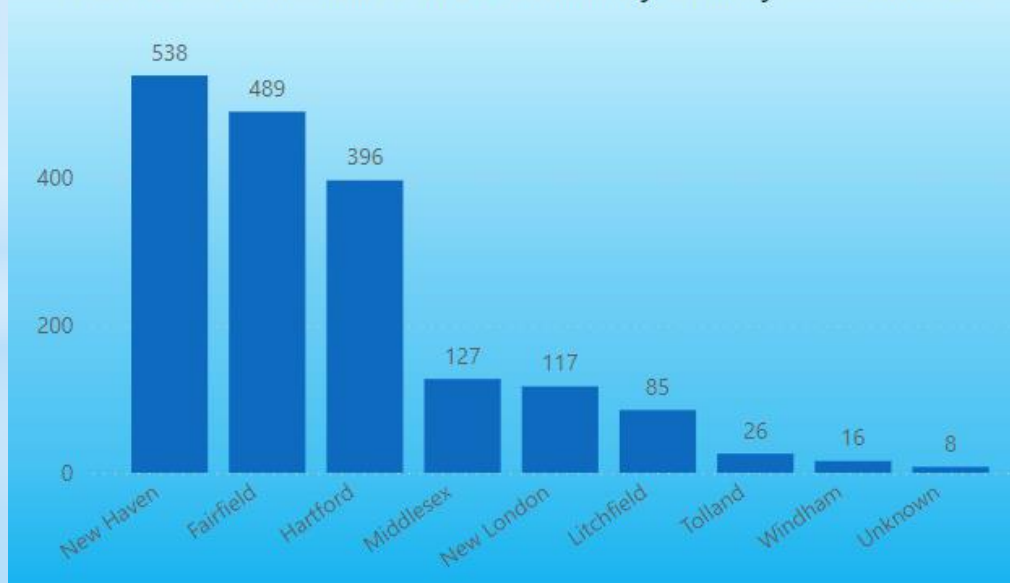
Monkeypox Vaccinations (as of Aug. 15)



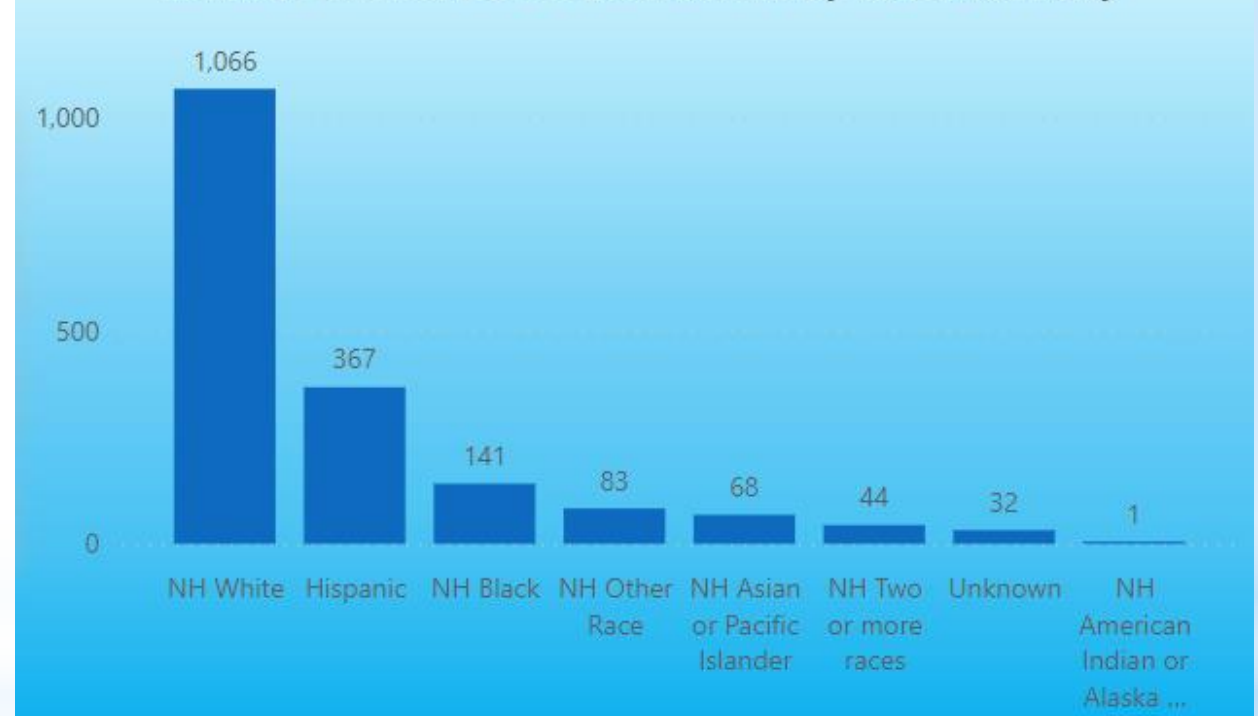
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CT residents have
received at least 1 dose*

Number of First Dose Vaccinations by County of Residence



Number of First Dose Vaccinations by Race/Ethnicity



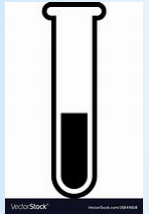
[Data report](#) updated weekly.

*Data include CT residents vaccinated in other states with established electronic vaccination data exchange with CT.

What DPH is Doing to Address Monkeypox



Education- Providing updated information to healthcare providers, community providers and the public through regular communications, webinars, dedicated monkeypox website



Testing- Continuing to offer monkeypox testing at the state public health laboratory, along with 5 commercial laboratories



Treatment- Facilitating rapid access to TPOXX by pre-positioning medication in the state



Vaccine- Established a network of clinics to ensure rapid access to vaccine for eligible persons in Connecticut



Thank you!

For more information on monkeypox in Connecticut go to:

[CT Monkeypox](#)

Centers for Disease Control:

[Monkeypox | Poxvirus | CDC](#)