



DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

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## **PUBLIC HEALTH ADVISORY**

### **Monkeypox Virus Infection in the United States | Enhancing Surveillance in Marin County**

Marin County Public Health (MCPH) is issuing this advisory to supplement the information contained in the [Health Alert](#) issued by the U.S. Centers for Disease Control and Prevention (CDC) and to provide guidance for evaluating patients with symptoms consistent with monkeypox.

#### **Background**

On May 18, 2022, a U.S. resident tested positive for monkeypox after returning to the U.S. from Canada. As of May 24<sup>th</sup>, there is now 1 confirmed case and 4 presumptive cases of monkeypox in the U.S. (tested positive for Orthopoxvirus).

[Monkeypox](#) is a zoonotic infection endemic to several African countries. The wild animal reservoir is unknown. Before May 2022, cases outside of Africa were reported either among people with recent travel to Nigeria or contact with a person with a confirmed monkeypox virus infection.

Monkeypox disease symptoms always involve the characteristic rash. Historically, the rash has been preceded by a prodrome including fever, lymphadenopathy, and often other non-specific symptoms such as malaise, headache, and muscle aches. In the most recent reported cases, prodromal symptoms may not have always occurred. For this reason, cases may be confused with more commonly seen infections (e.g., syphilis, chancroid, herpes, and varicella zoster). The average incubation period for symptom onset is 5–13 days.

A high index of suspicion for monkeypox is warranted when evaluating people with a characteristic rash, particularly for men who report intimate contact with other men and who present with lesions in the genital/perianal area or for individuals reporting a significant travel history in the month before illness onset or contact with a suspected or confirmed case of monkeypox.

#### **Actions Requested of Providers**

##### Review and implement appropriate infection control procedures

- A combination of [standard, contact, and droplet precautions](#) should be applied in all healthcare settings when a patient presents with fever and vesicular/pustular rash.
  - Isolate patients suspected of having monkeypox in a negative air pressure room. If a negative air pressure room is unavailable, place patients in a private examination room.

### Evaluation of Symptomatic Persons

- Consider monkeypox as a possible diagnosis in persons with a rash consistent with monkeypox, especially in persons who:
  - traveled to central or west African countries or other areas with confirmed cases of monkeypox during the month before symptoms began.
  - reports contact with a person with confirmed or suspected monkeypox; or,
  - is a man who regularly has intimate contact with other men.
- Contact Marin County Public Health if you identify a suspected case for consultation and testing support. During business hours, call (415) 473-4163. After hours call the Health Officer On Duty at (415) 499-7237.
- If a suspected case is identified, review the clinical findings (see [Signs and Symptoms | Monkeypox | Poxvirus | CDC](#)).
  - Prepare to collect specimens in patients with firm, well circumscribed, deep-seated, or umbilicated skin lesions associated with monkeypox or other orthopox virus. Marin County Public Health will provide sampling, collection, storage, and shipping instructions.
- Provide [infection control instructions](#) for patients suspected of monkeypox. Marin County Public Health will determine the duration of isolation.

### Monitoring People Who Have Been Exposed

- Contacts of people with confirmed or suspected monkeypox should monitor for symptoms for 21 days after their last exposure. Fever and rash occur in nearly all people infected with monkeypox virus.
  - Contacts should be instructed to monitor their temperature twice daily. If symptoms develop, contacts should immediately self-isolate and call Marin County Public at (415) 473-4163 Health for further guidance.
- Contacts who remain asymptomatic can be permitted to continue routine daily activities (e.g., go to work, school). Contacts should not donate blood, cells, tissue, breast milk, semen, or organs while they are under symptom surveillance.