

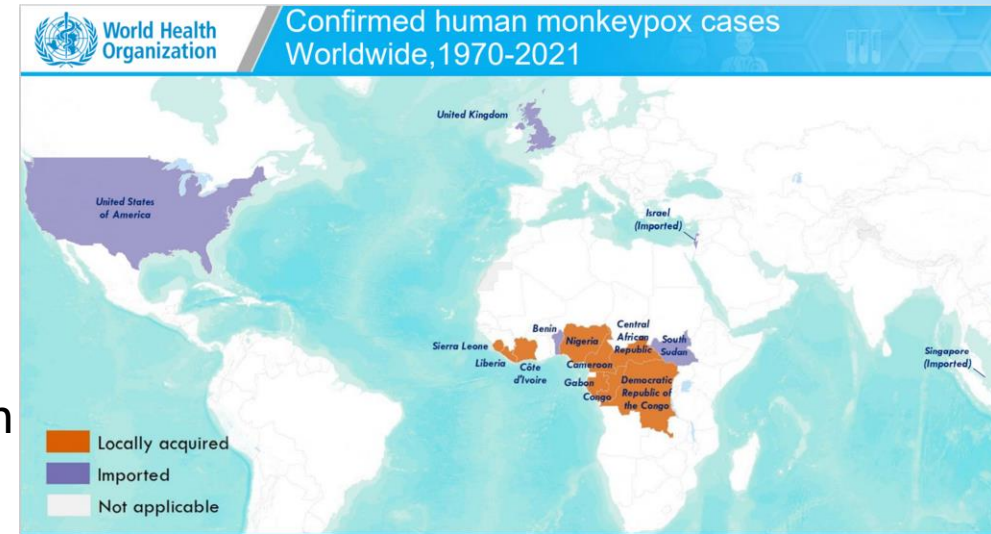
# Connecticut Department of Public Health What You Need to Know About Monkeypox

20-September-2022

Lynn Sosa, MD

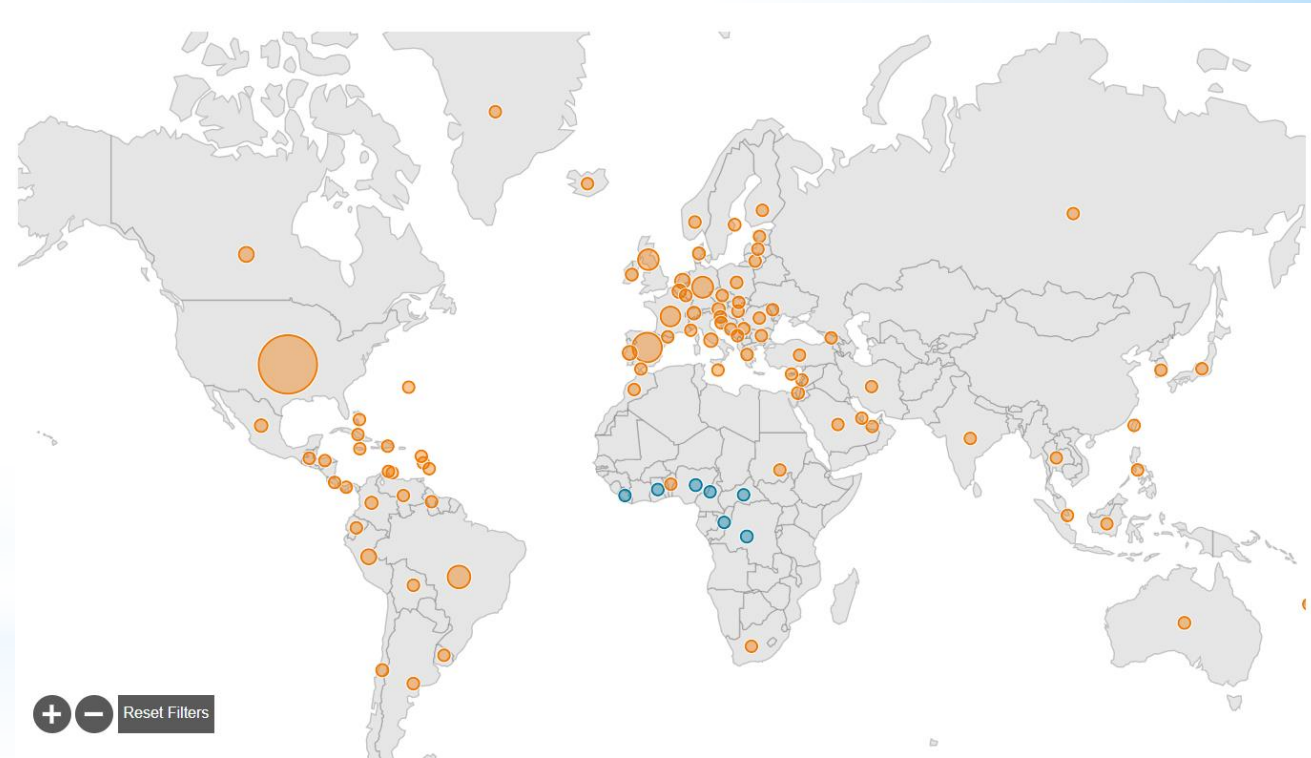
# What did we already know about monkeypox?

- Not a new disease; 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?

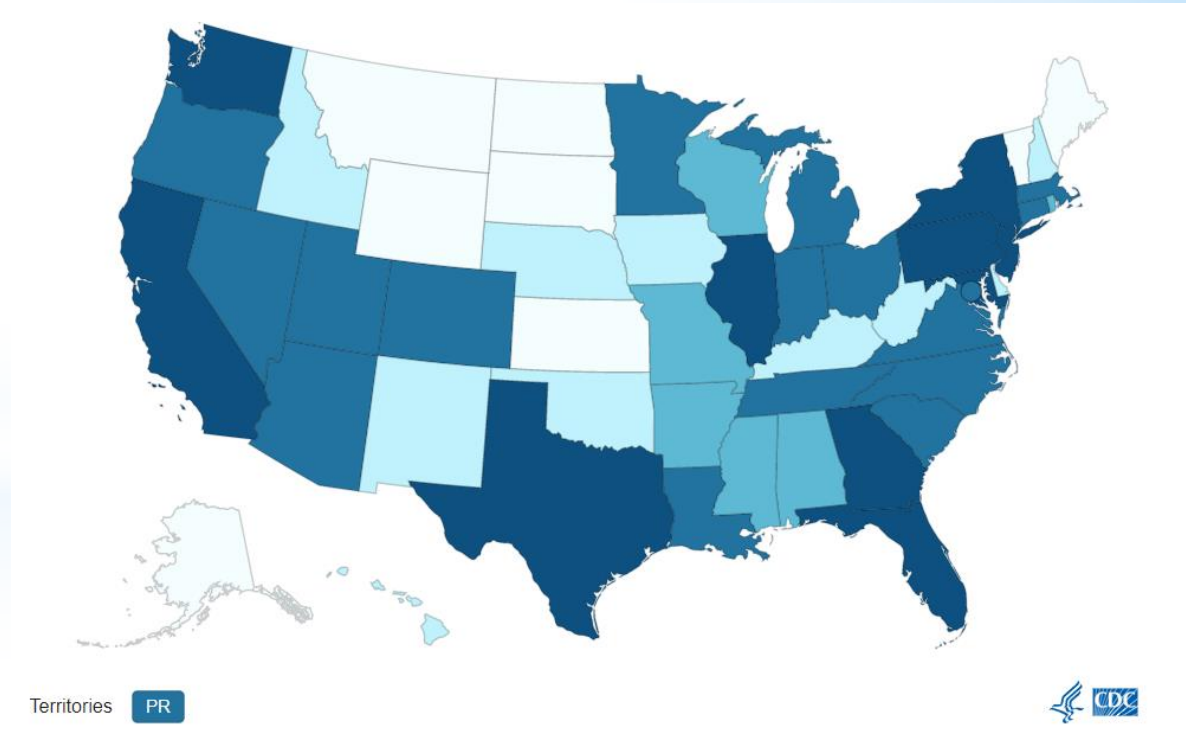
- May 2022- First reports of large numbers of cases of monkeypox in European countries where it does not usually occur
- Cases associated with large parties, raves
- Primarily affecting gay and bisexual men and other men who have sex with men
  - **Primarily skin-to-skin contact, including close intimate/sexual contact**
- >61,000 cases in 104 countries
- WHO has declared monkeypox a global health emergency



# Monkeypox in the United States

As of September 16, 2022- 23,893 cases

- 97% male gender; majority men who have sex with men
- Mode 31-35 years
  - 27 cases in children < 16 years
- In recent weeks:
  - 33% Hispanic/Latino
  - 33% Black or African American
  - 31% non-Hispanic white
- 1 death

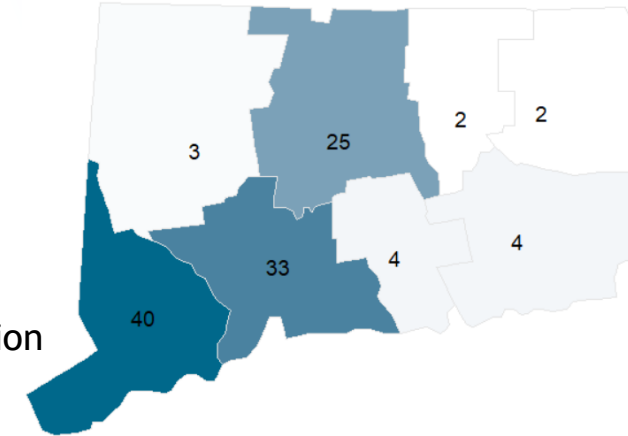


# Monkeypox in Connecticut

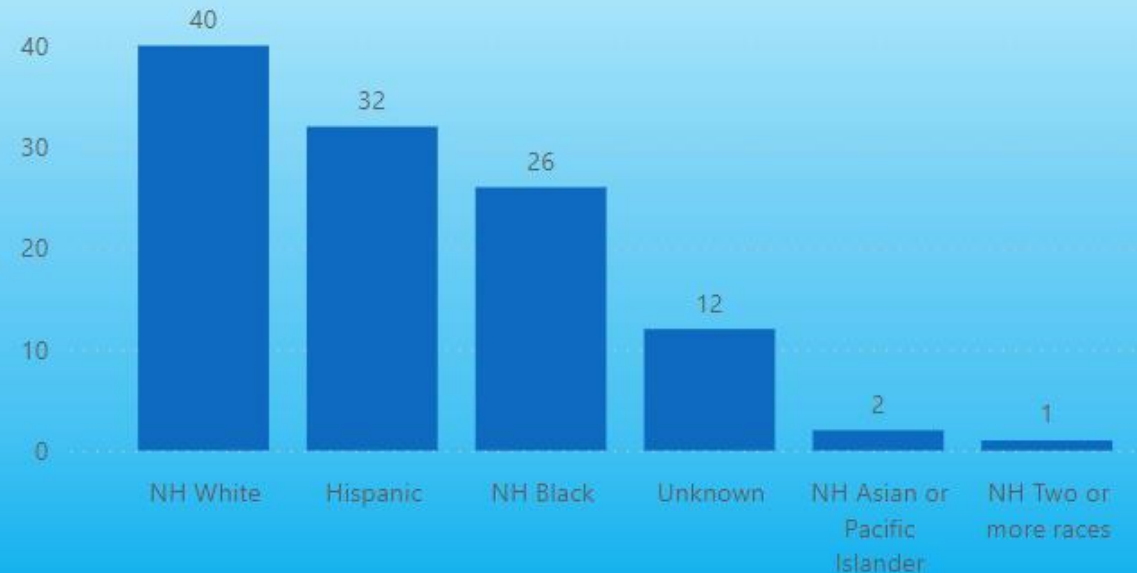
- 113 cases reported as of September 13
- Almost all cases are in men and persons who identify as LGBTQ+
- Median age 34 years, most are aged 20-49 years
- Cases have been reported in all CT counties

90%

identify as **LGBTQ+** among 74 cases with information about sexual orientation



Cumulative Case Count by Race/Ethnicity



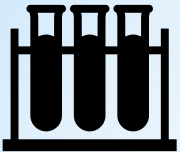
# What DPH is Doing to Address Monkeypox



**Education-** Providing information to healthcare providers, community providers, schools/childcare, and the public through regular communications, webinars, dedicated monkeypox website



**Investigation-** Supporting local health departments to complete case investigations and contact tracing; risk assessment with healthcare facilities



**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

# What does monkeypox look like?



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





# 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





# What should you do if you have been exposed to monkeypox?

- **Self-monitor** for symptoms of monkeypox for 21 days since last exposure
  - Local health departments are monitoring close contacts identified during case investigations
- **Continue routine daily activities** as long as you do not have any symptoms of monkeypox
  - Quarantine is not recommended
- **Isolate if you develop symptoms and seek testing** if you develop a rash
- **Consider vaccination** depending on the nature and extent of exposure
  - Close contacts with intermediate to high-risk exposures can be referred for vaccination by DPH or local health department

# 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 2-4 weeks)
  - Persons in isolation may need support with housing, food, income
- **Do not leave the home** except as required for emergencies or follow-up medical care
  - 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



# Special Considerations for Congregate Settings

- Communication with staff and clients is key
- Working with DPH and the local health department if a case is identified
- Identifying close contacts who might be eligible for vaccination (post-exposure prophylaxis)
- Handwashing
- Cleaning and disinfection
- Personal protective equipment

[Considerations for Reducing Monkeypox Transmission in Congregate Living Settings](#), CDC

# How do you get tested for monkeypox?

- You can only be tested for monkeypox if you have a rash
- Reach out to your healthcare provider to get tested. The healthcare provider will swab the lesions and send to a laboratory for testing.
  - Samples are collected using synthetic sterile swabs (dry or in viral transport media).
- Testing is available at the State Public Health Laboratory (SPHL) and 5 commercial laboratories
  - SPHL is testing Mon-Fri, with evenings, weekends, and holidays for urgent cases
    - Turn around time 24-48 hours; 24 hours for urgent specimens
    - Sample collection and submission [instructions](#) are on the DPH website.

# Are there treatments for monkeypox?

- Tecoviramat (TPOXX), an antiviral developed and approved to treat smallpox, can be used for monkeypox
- 37 patients treated with TPOXX in Connecticut to date
- 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

# 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

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

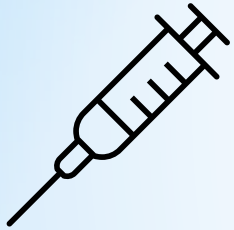
- Your partner(s) are showing symptoms of monkeypox, such as a rash or sores
- You met recent partner(s) through online applications or social media platforms (such as Grindr, Tinder or Scruff), or at clubs, raves, sex parties, saunas or other large gatherings
- You have a condition that may increase 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

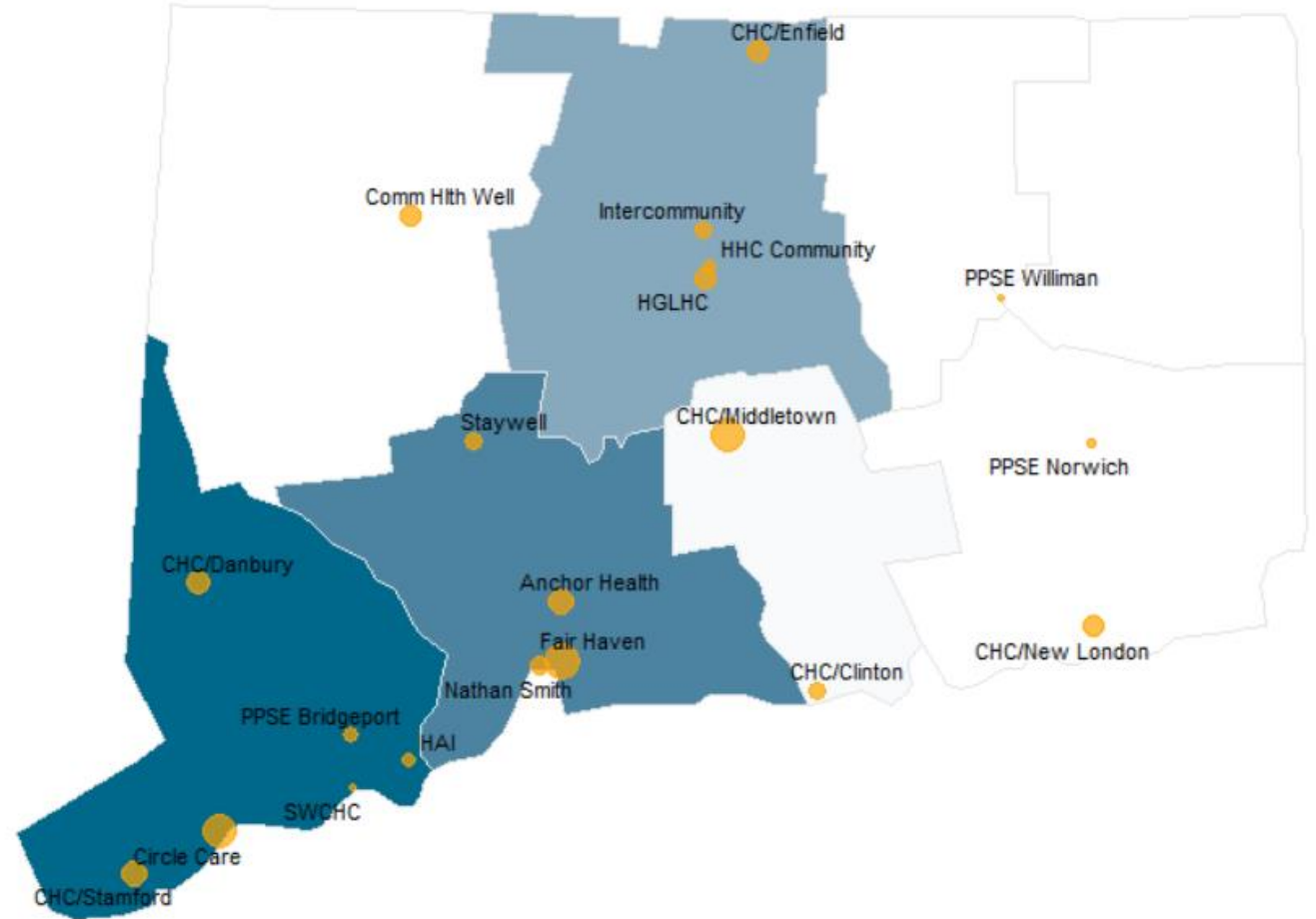
## 22 clinics



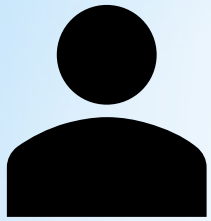
# 5011

doses administered by CT providers as of September 13

- List of vaccinating clinics: [Monkeypox Vaccination \(ct.gov\)](https://www.ct.gov/monkeypox)
- Onboarding additional clinics
- Planning mobile clinics



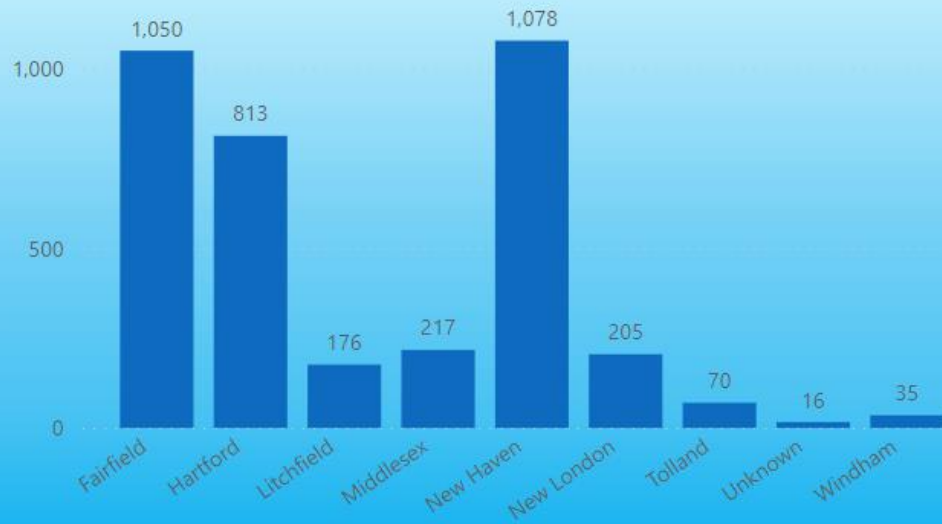
# Monkeypox Vaccinations (as of September 13)



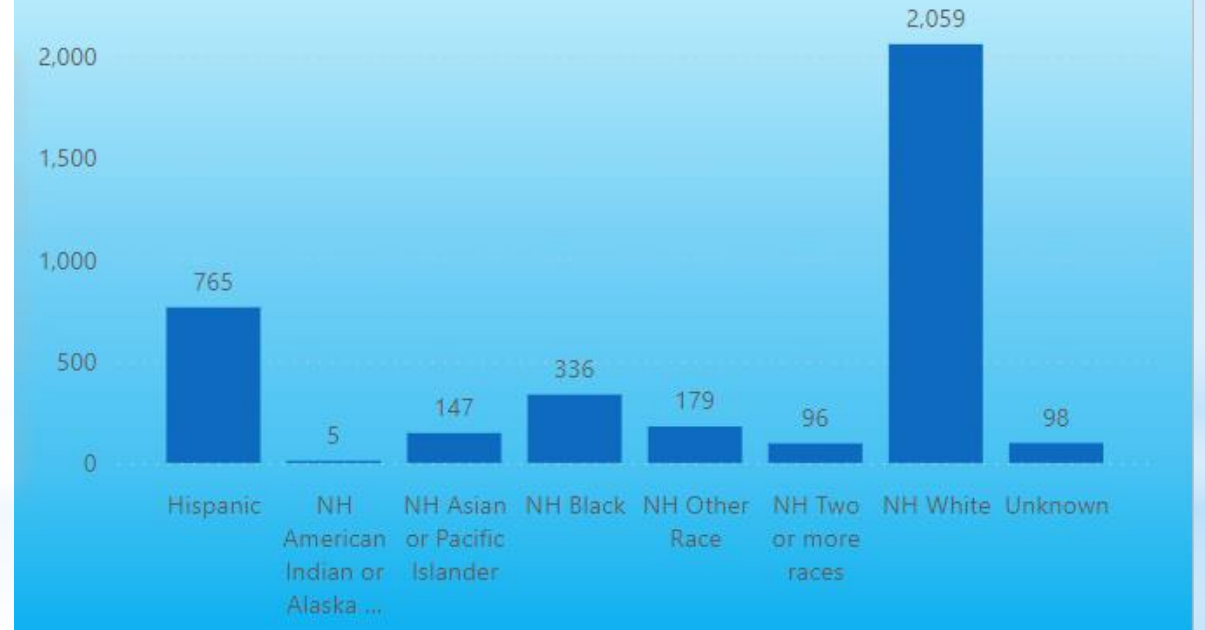
# 3660

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.*



# Thank you!

For more information on monkeypox in Connecticut go to:

[CT Monkeypox](#)

Centers for Disease Control:

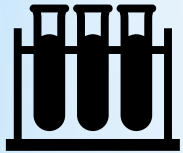
[Monkeypox | Poxvirus | CDC](#)

# 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 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

