

MONKEYPOX

CDC EPIC Webinar: **Monkeypox 101**

Wednesday, September 28, 2022



Agenda

- Welcome and Introduction
- What is monkeypox?
- What CDC is Doing to Reduce Stigma & How You Can Help
- Q&A
- Wrap Up

Today's Speakers



**Lieutenant Commander
Caroline Schrod, MD, MSPH**
Clinical Consultations Lead,
CDC Monkeypox Response



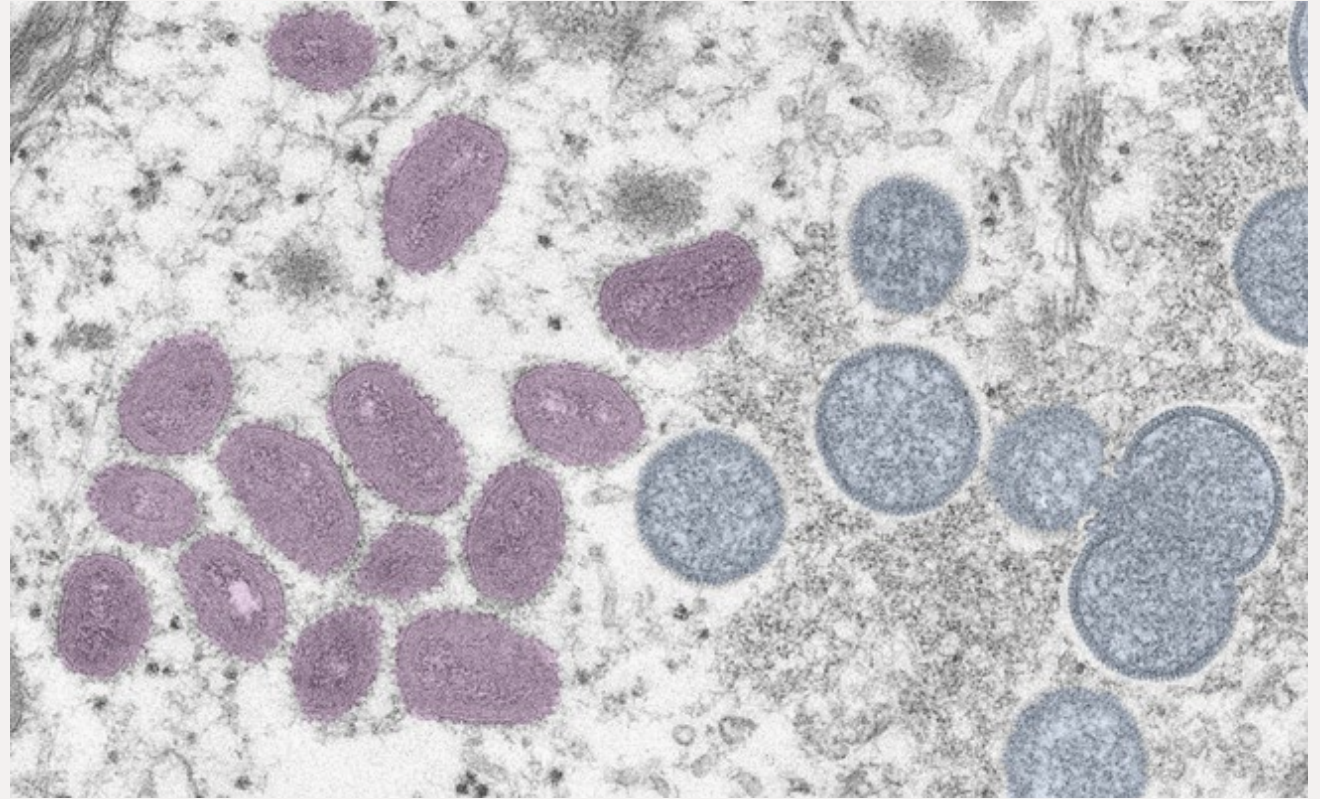
Neal Carnes, Ph.D.
LGBTQ+ Equity Advisor,
CDC Monkeypox Response

What is monkeypox?

Dr. Caroline Schrodt

Overview

- Monkeypox is related to smallpox.
- Typically causes a milder infection than smallpox.
- Few cases outside African countries prior to 2022.
 - Previous cases linked to travel or animals.
- Spreading widely in 2022 global outbreak.



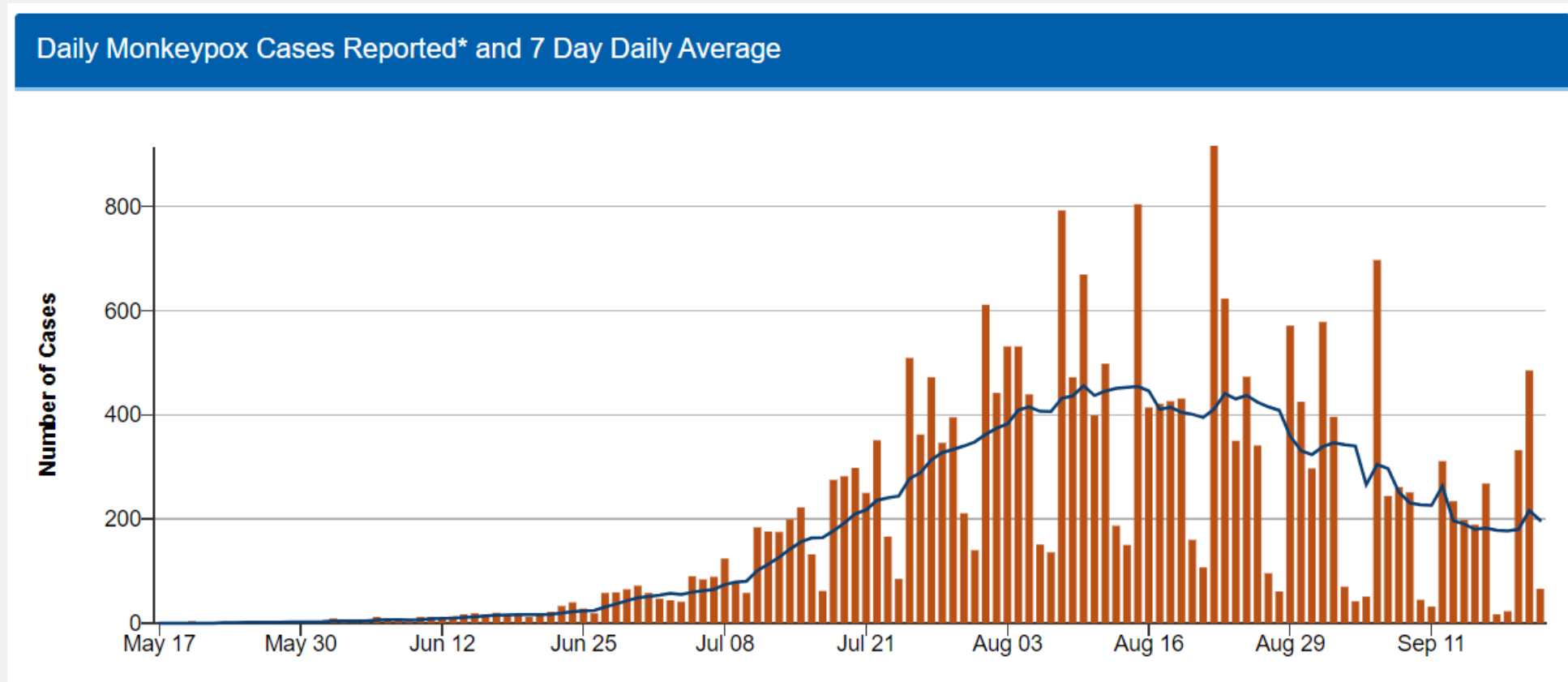
Current Monkeypox Outbreak

Current Outbreak in the U.S.

- Over 25,162 cases identified in the U.S. as of 9/26/2022.
- Primarily affecting gay, bisexual, and other men who have sex with men, but anyone who has been exposed to monkeypox can get it.
- Monkeypox severity can range from mild to severe.
 - Death from monkeypox is very rare in the current global outbreak.
 - Severe cases mostly seen in some people who are immunocompromised.
- Location of lesions is different than prior outbreaks (genital and perianal).

U.S. Monkeypox Case Trends Reported to CDC

As of September 21, 2022

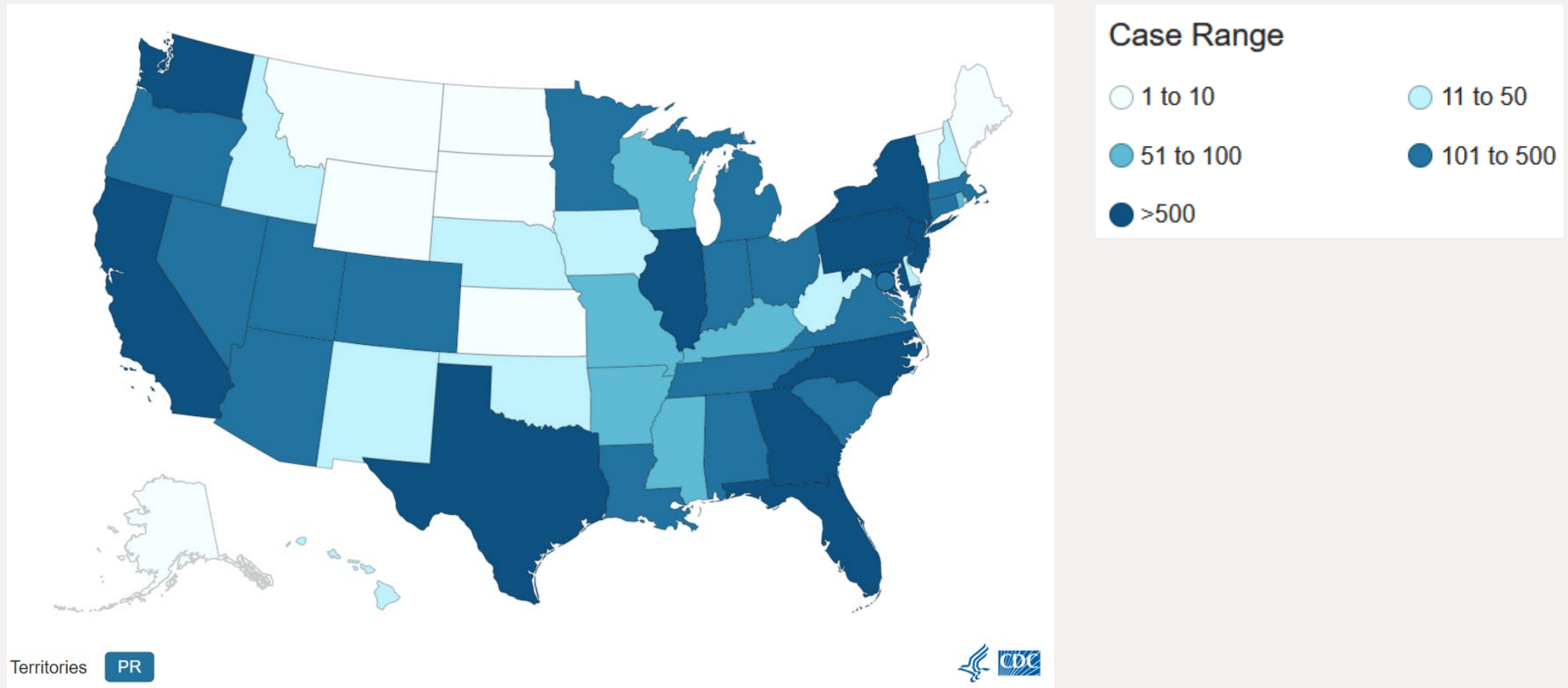


* Includes either the positive laboratory test report date, CDC call center reporting date, or case data entry date into CDC's emergency response common operating platform, DCIPHER.

Available from <https://www.cdc.gov/poxvirus/monkeypox/response/2022/mpx-trends.html>

2022 U.S. Map Total Cases

As of September 26, 2022

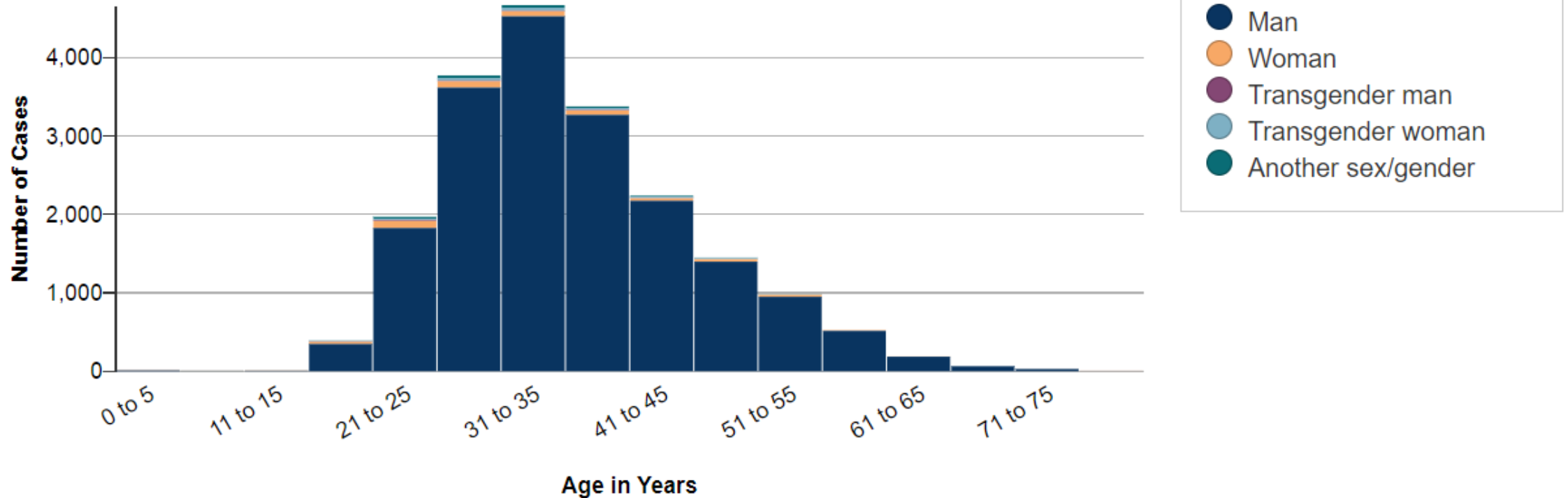


Available from <https://www.cdc.gov/poxvirus/monkeypox/response/2022/us-map.html>

U.S. Monkeypox Cases by Age and Gender

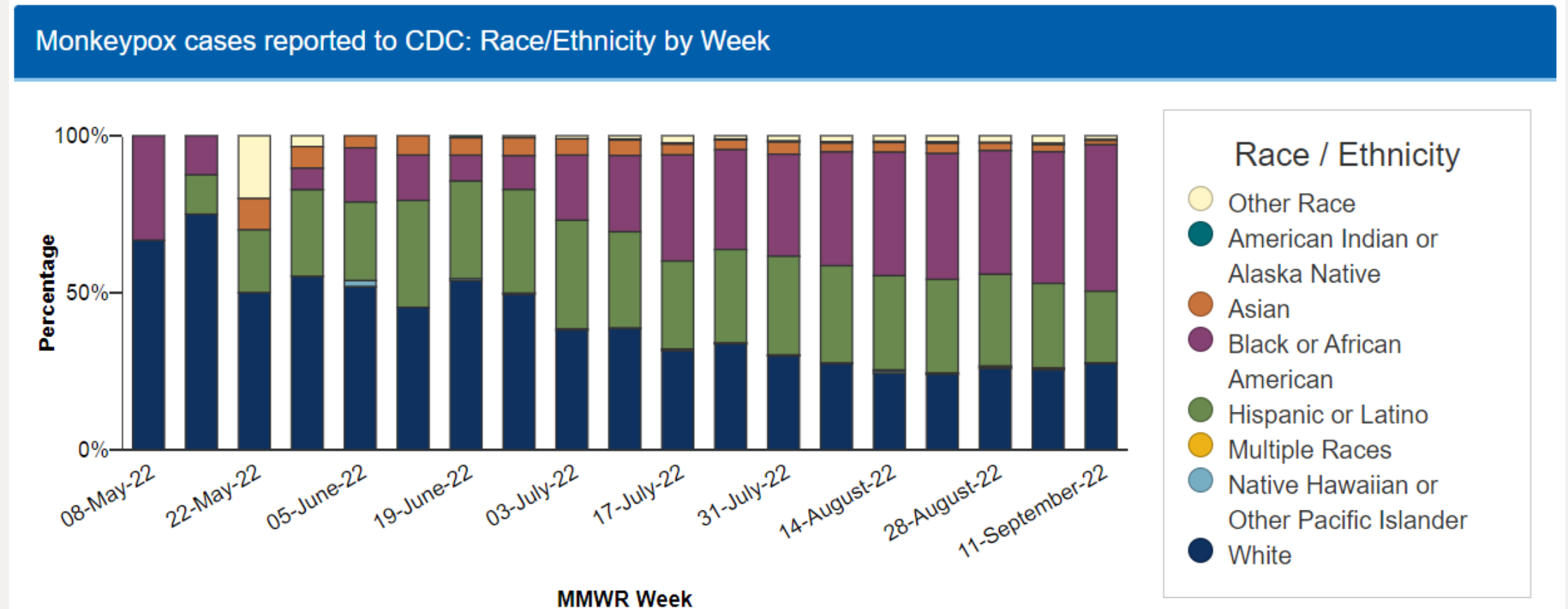
As of September 21, 2022

Monkeypox cases reported to CDC: Age and Gender



U.S. Monkeypox Cases by Race and Ethnicity

As of September 21, 2022



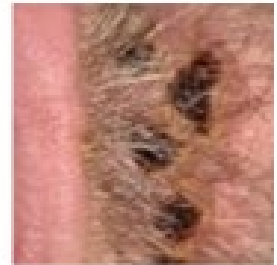
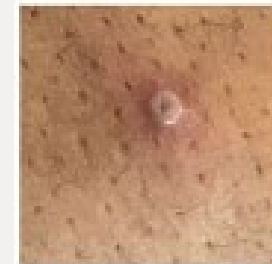
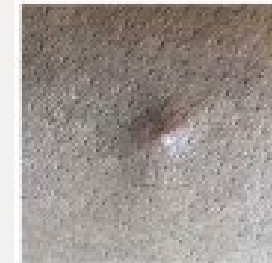
Available from <https://www.cdc.gov/poxvirus/monkeypox/response/2022/demographics.html>

Signs & Symptoms of Monkeypox

Signs and Symptoms of Monkeypox

- Rash

- May be located on or near the genitals (penis, testicles, labia, and vagina) or anus (butthole) and could be on other areas like the hands, feet, chest, face, or mouth.
- The rash will go through several stages, including scabs, before healing.
- The rash can initially look like pimples or blisters and may be painful or itchy.



Signs and Symptoms of Monkeypox

- Other symptoms of monkeypox can include
 - Fever
 - Chills
 - Swollen lymph nodes
 - Exhaustion
 - Muscle aches and backache
 - Headache
 - Respiratory symptoms (for example: sore throat, nasal congestion, or cough)



Photo Credit: NHS England
High Consequence Infectious
Diseases Network



Learn more at <https://www.cdc.gov/poxvirus/monkeypox/symptoms/index.html>

Signs and Symptoms of Monkeypox

- People with monkeypox may experience all or only a few symptoms
 - Sometimes, people have flu-like symptoms before the rash.
 - Some people get a rash first, followed by other symptoms.
 - Others only experience a rash.



Photo Credit: NHS England
High Consequence
Infectious Diseases Network



Learn more at <https://www.cdc.gov/poxvirus/monkeypox/symptoms/index.html>

How long do monkeypox symptoms last?

- Usually start within 3 weeks of exposure to the virus.
 - If someone has flu-like symptoms, they will usually develop a rash 1-4 days later.
- The illness typically lasts 2-4 weeks.
- Can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed.



Learn more at <https://www.cdc.gov/poxvirus/monkeypox/symptoms/index.html>

Is the current outbreak serious or deadly?

- Monkeypox is unlikely to cause death.
- Might be more severe among
 - People who are immunocompromised
 - People who are pregnant
 - People with atopic dermatitis or eczema
 - Young children (under 8 years of age)
- Cases that are not life-threatening can still be very painful.



Learn more at <https://www.cdc.gov/poxvirus/monkeypox/about/faq.html>

If you have a new or unexplained rash or other symptoms

- Avoid close contact, including sex or being intimate with anyone, until you have been checked out by a healthcare provider.
- When you see a healthcare provider, wear a mask, and remind them that this virus is circulating in the area.



Learn more at <https://www.cdc.gov/poxvirus/monkeypox/symptoms/index.html>

Transmission - How is monkeypox virus spread?

Transmission of Monkeypox

- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including
 - Direct contact with monkeypox rash or scabs
 - Contact with objects, fabrics, and surfaces that have been used by someone with monkeypox
 - Contact with respiratory secretions during prolonged, face-to-face contact
 - Other intimate contact, including
 - ❖ Oral, anal, and vaginal sex, or touching the genitals or anus of a person with monkeypox
 - ❖ Hugging, massage, or kissing
 - ❖ Touching things that were used by a person with monkeypox (bedding, towels, fetish gear, sex toys)

Learn more at <https://www.cdc.gov/poxvirus/monkeypox/if-sick/transmission.html>

Transmission of Monkeypox

- Monkeypox and Pregnancy
 - A pregnant person can spread the virus to their fetus through the placenta.
- Monkeypox and Animals
 - Historically outbreaks of monkeypox have been associated with infected animals, either by people being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal.
 - Monkeypox can also spread to animals, so staying away from pets, livestock, and other animals if you have monkeypox is important.

Learn more at <https://www.cdc.gov/poxvirus/monkeypox/if-sick/transmission.html>
<https://www.cdc.gov/poxvirus/monkeypox/if-sick/preventing-spread.html>

Transmission of Monkeypox

- A person with monkeypox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.
 - The illness typically lasts 2–4 weeks.
- Scientists are still researching
 - If the virus can be spread when someone has no symptoms
 - How often monkeypox is spread through respiratory droplets
 - Whether monkeypox can be spread through semen, vaginal fluids, urine, and feces

Learn more at <https://www.cdc.gov/poxvirus/monkeypox/if-sick/transmission.html>

Protecting Others if You have Monkeypox

- People with monkeypox or suspected monkeypox should
 - Wear a well-fitting mask and cover the rash while around others.
 - Don't share things you have touched with others.
 - Do not leave your home for work. Telework instead, if possible.
 - Ask your healthcare provider if you are not sure whether you can still spread monkeypox to others.



Protecting Yourself from Monkeypox

- Get **vaccinated** if you are at high risk for being exposed or if you may have been exposed.
- **Avoid close, skin-to-skin contact** with people who have a rash that looks like monkeypox.
- Avoid contact with **objects and materials** that a person with monkeypox has used.
- **Wash your hands** often.



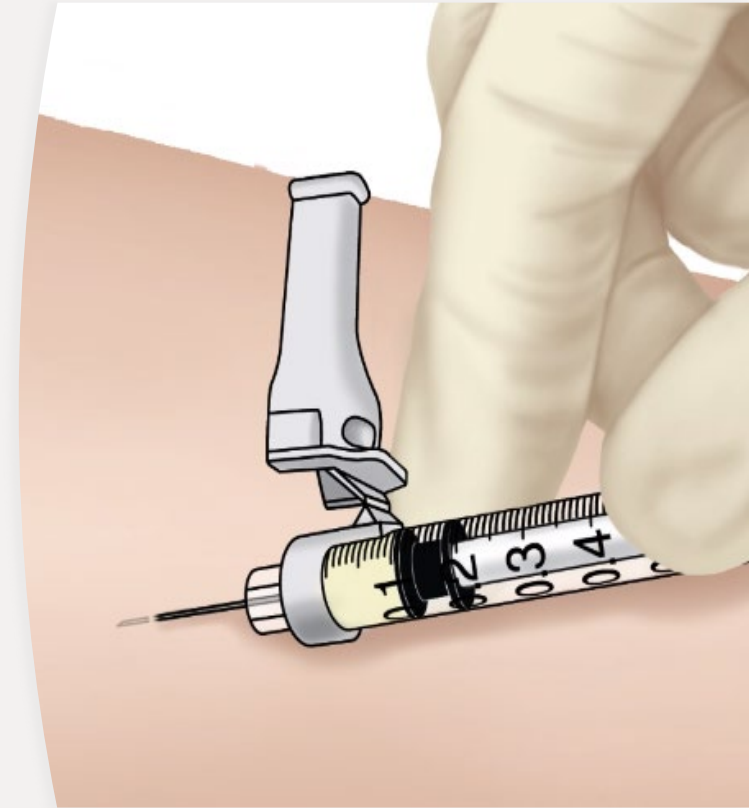
Learn more at <https://www.cdc.gov/poxvirus/monkeypox/prevention/protect-yourself.html>

People Recommended for Monkeypox Vaccination

- People with a known exposure to someone with monkeypox
- Gay, bisexual, and other men who have sex with men, transgender or nonbinary people who in the past 6 months have had
 - A new diagnosis of one or more of the following sexually transmitted diseases: syphilis, gonorrhea, chlamydia, chancroid, or acute HIV
 - More than one sex partner
- People who have had any of the following in the past 6 months:
 - Sex at a commercial sex venue
 - Sex in association with a large public event in an area where there are ongoing cases of monkeypox
- Sexual partners of people with the above risks
- People who anticipate experiencing the above risks

Vaccination for Monkeypox

- JYNNEOS – FDA-approved to prevent smallpox & monkeypox in people at risk.
 - Standard and alternative dosing approved for people 18 years or older.
 - Only standard dosing approved for people under 18 years old.
 - 2 doses required; protected 2 weeks after 2nd dose
- ACAM2000 – older vaccine against smallpox
 - Effective, but with higher risk of serious side effects.
 - Not for people with weakened immune systems, some skin conditions, and children under 12 years old.



How to get a Monkeypox Vaccine

- People can contact their health care provider or local health department to ask about vaccine eligibility and access.
- The Vaccine Equity Pilot Program is currently making monkeypox vaccines available to health departments and other organizations who provide care to populations that may face barriers to monkeypox vaccination.

Monkeypox Testing & Treatment

Testing for Monkeypox

- Currently, testing is only recommended if someone has a rash consistent with monkeypox.
- Only a healthcare provider, including some public health departments, can order a monkeypox test.
 - Remind your health care provider that monkeypox is circulating.

Treatment for Monkeypox

- Most people with monkeypox recover fully within 2 to 4 weeks without the need for treatment.
- Because the monkeypox and smallpox viruses are closely related, drugs and vaccines developed to protect against smallpox may be used to prevent and treat monkeypox virus infections.
- Consult with your health care provider for treatment options.

Learn more at <https://www.cdc.gov/poxvirus/monkeypox/if-sick/treatment.html>

What CDC is Doing to Reduce Stigma & How You Can Help

Dr. Neal Carnes

What is stigma?

- Stigma can occur when people associate a disease, such as monkeypox, with a population, even though not everyone in that population is specifically at risk for the disease.
- In an infectious disease outbreak, this means people may experience discrimination and loss of status because of a perceived link with the disease.
- Discrimination can negatively affect those with the disease themselves, as well as their caregivers, family, friends, and communities.

Stigma and Monkeypox

Afghan authorities are using monkeypox to harass & detain gay men
"The Taliban are rounding up gay people on the grounds that homosexuals carry monkeypox."

Monkeypox and 'Groomers': How Twitter Facilitated a Hate-Riddled Public Health Disinformation Campaign

2022

allagher

Gender/Sexual history

- Another gender identity
- Woman
- Man, no known recent MMSC
- Man, recent MMSC

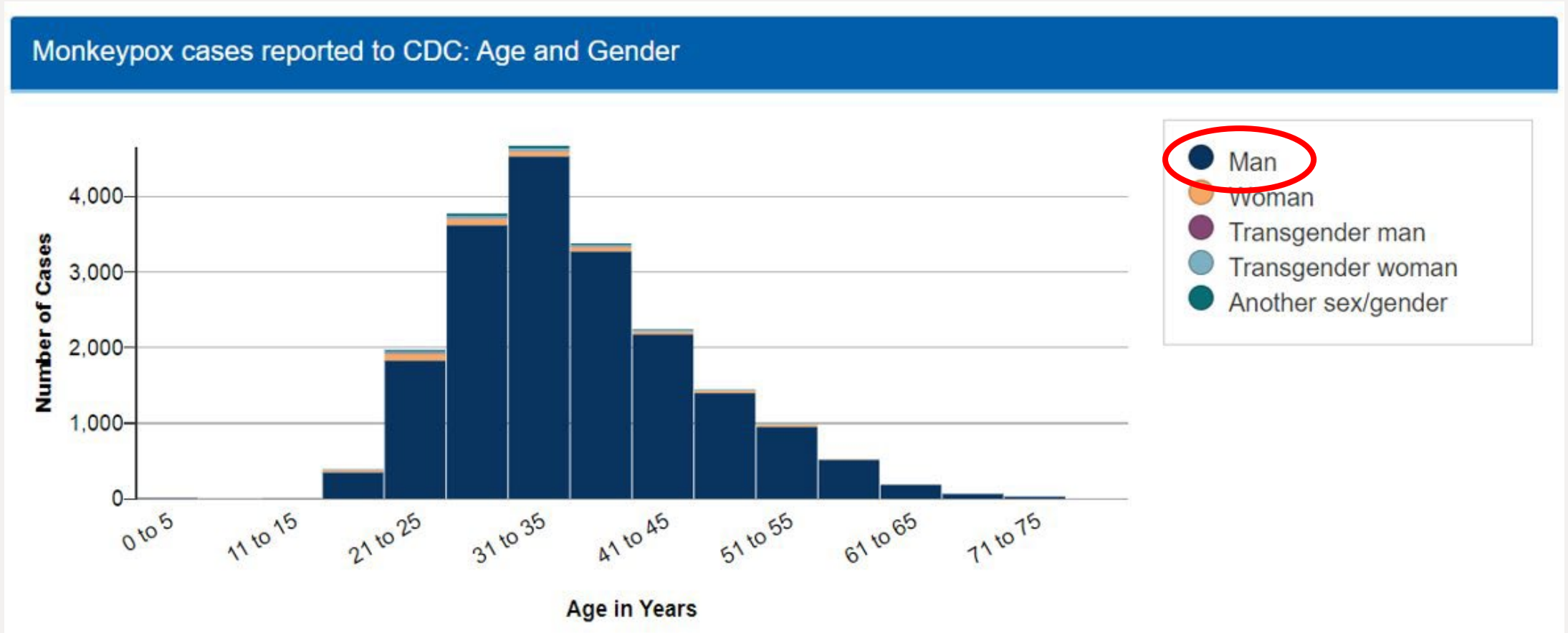
GAYPOX: UK health clinics admit this is being spread in gay sex communities only!

195 Retweets 30 Quote Tweets 912 Likes

Graph available from <https://www.cdc.gov/poxvirus/monkeypox/cases-data/technical-report/report-2.html>

Stigma and the people who are most affected

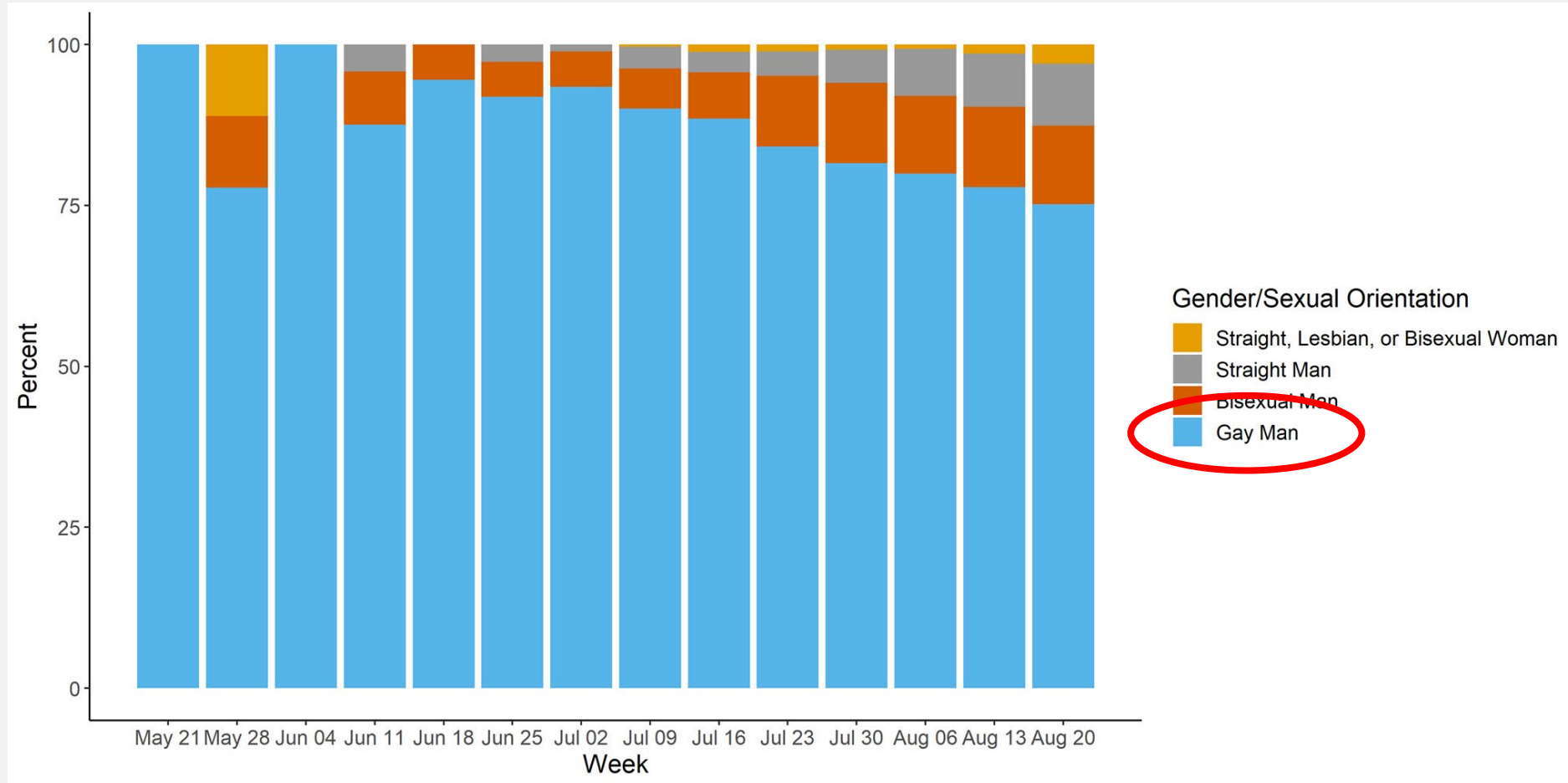
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Stigma and the people who are most affected

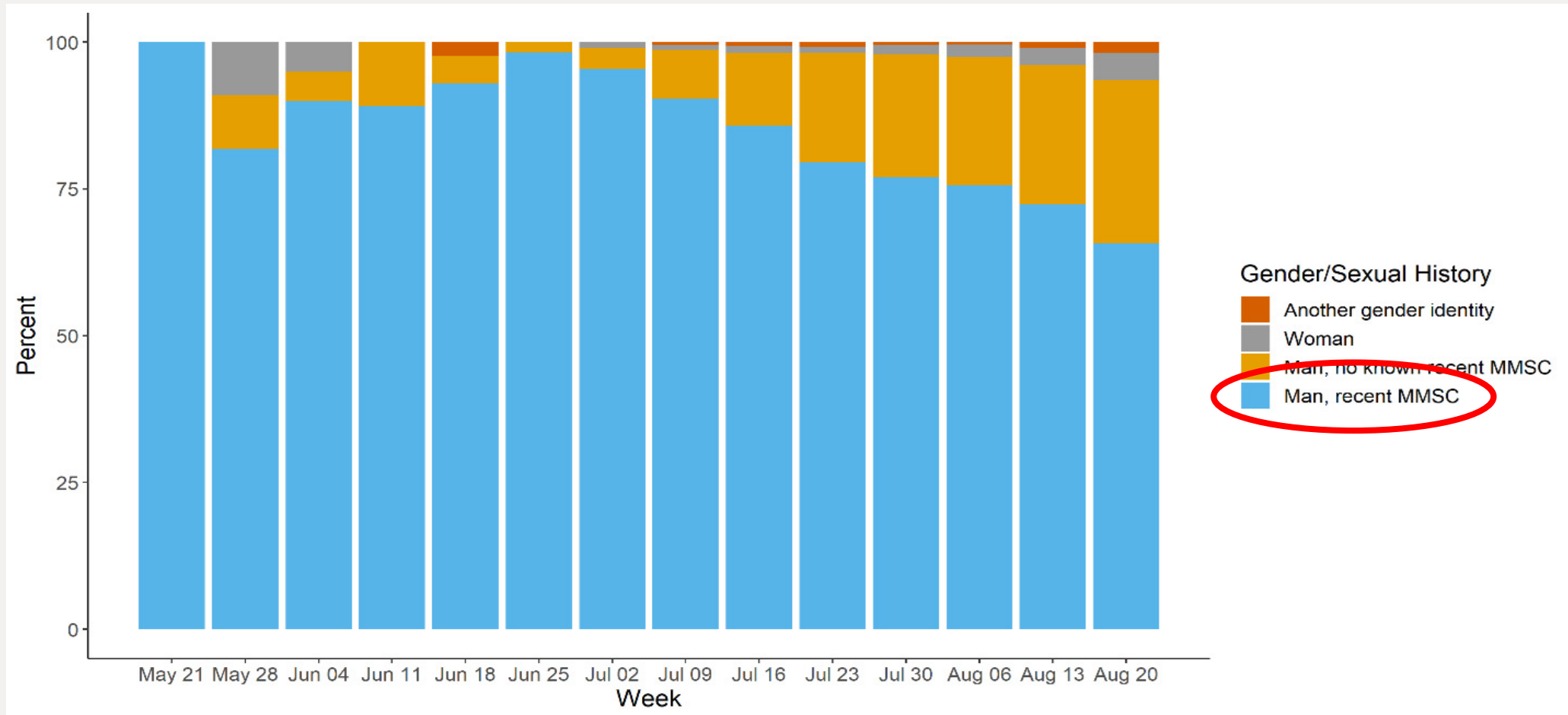
Proportion of sexual orientation and gender combination by the week in which monkeypox case was reported



Available from <https://www.cdc.gov/poxvirus/monkeypox/cases-data/technical-report/report-2.html>

Stigma and the people who are most affected

Proportion of cases with known data on sexual history and gender reporting recent man-to-man sexual contact (MMSC)

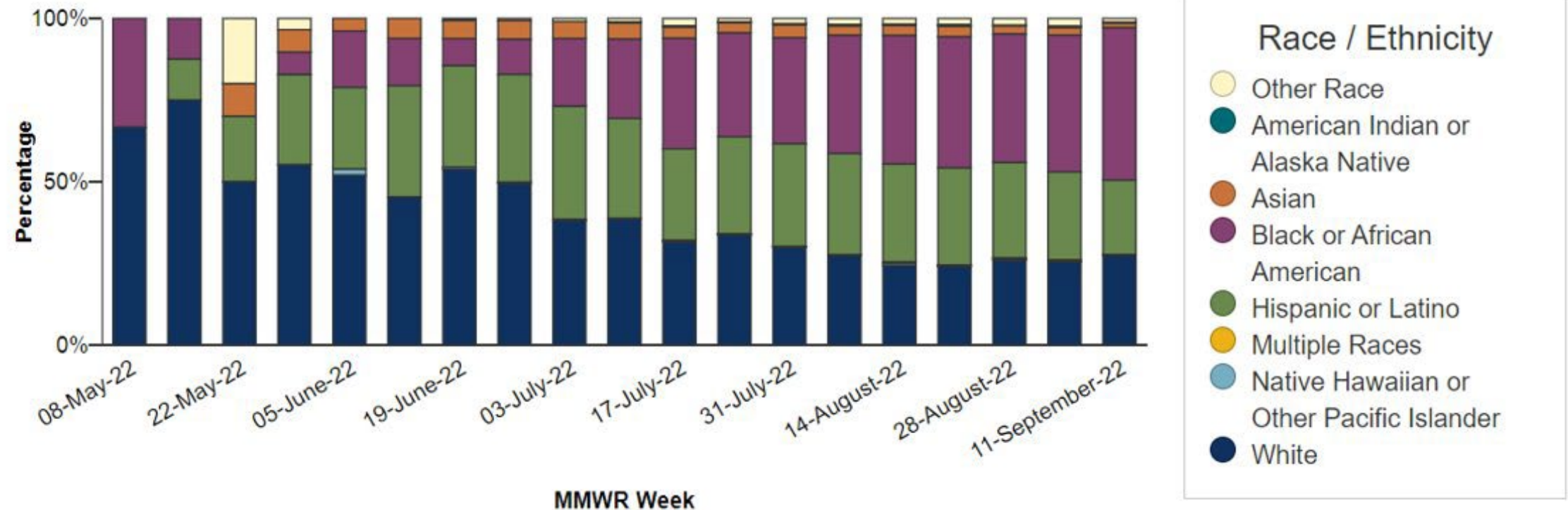


Available from <https://www.cdc.gov/poxvirus/monkeypox/cases-data/technical-report/report-2.html>

Stigma and the people who are most affected

U.S. Monkeypox Cases by Race and Ethnicity as of September 21, 2022

Monkeypox cases reported to CDC: Race/Ethnicity by Week



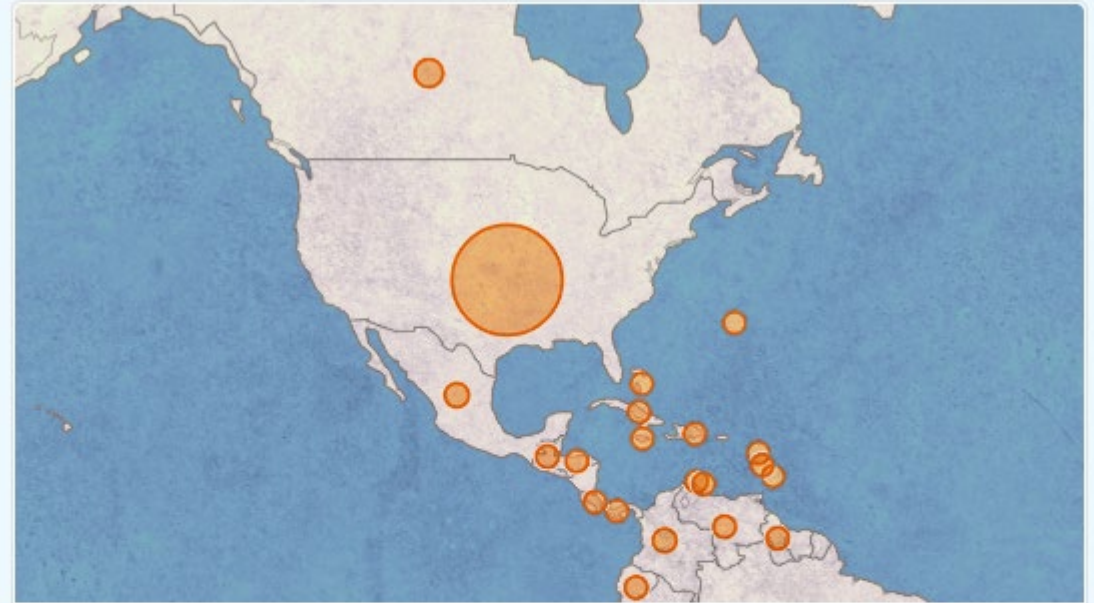
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What CDC is Doing to Reduce Stigma in the Monkeypox Response

- Focusing our messaging on the facts.
 - Anyone can get monkeypox.
 - Right now, many—though not all—of the reported cases have been among gay, bisexual, or other men who have sex with men.
 - Monkeypox symptoms vary, and people can avoid some behaviors that can lead to transmission of monkeypox.
- Working directly with communities to reach people who are at higher risk of monkeypox.

What CDC is Doing to Reduce Stigma in the Monkeypox Response

- Monitoring the data to help us frame our language and messaging to be non-judgmental or stigmatizing.



2022 Outbreak Cases & Data

Stay up to date on the latest monkeypox cases and data trends.

What CDC is Doing to Reduce Stigma in the Monkeypox Response

- Working directly with frontline healthcare providers to share information about monkeypox and how to manage the illness.

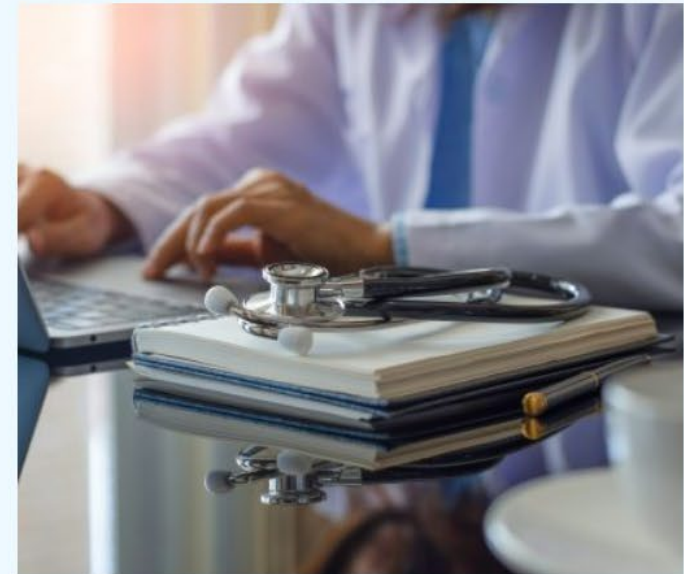
For Health Professionals

Healthcare Professionals

Health Departments

Laboratory Personnel

Veterinarians



What CDC is Doing to Reduce Stigma in the Monkeypox Response

- Listening to the public's concerns
- Working to address those concerns
- Focusing resources on those who are most affected



What CDC is Doing to Reduce Stigma in the Monkeypox Response

- Offering science-based recommendations and messages
- Supporting people in making informed choices about how to protect themselves and the people they care about



Lessons Learned from HIV/AIDS & STIs/VDs

- Avoid stigmatizing those affected by the disease.
- Conduct listening sessions with communities.
- Work with advocacy organizations, community leaders, and community members.
- Ensure that CDC response leadership includes subject matter experts in monkeypox, but also experts in HIV/STI prevention and gay and bisexual male networks.

Lessons Learned from HIV/AIDS & STIs/VDs

- For messages to gay and bisexual men:
 - Use non-alarmist, fact-based messaging that provides tools people can use to protect themselves and others.
 - Focus on how taking steps to protect themselves and their partners from monkeypox can lower their chances of getting monkeypox and can slow its spread.
 - Communicate directly with these audiences using specific channels such as websites, dating apps, or media programs.
 - Share relatable/personal stories that depict people “like me.”

How can you help?

- Seek information from trusted sources like your local health department.
- Speak up against mis- and dis-information and stigma.
 - Emphasize that anyone can get monkeypox.
 - Help people understand what monkeypox is, how it spreads, and encourage them to seek health care if they are experiencing symptoms related to monkeypox.
 - Help gay, bisexual, and other men who have sex with men understand that taking steps to protect themselves and their partners from monkeypox can lower their chances of getting monkeypox and can slow its spread.

Q&A



For more information, contact CDC

1-800-CDC-INFO (232-4636)

TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.