

# Epi Update for Friday, August 26, 2022

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## Items for this week's Epi Update include

- **Monkeypox update**
- **In the news: Monkeypox experts give virus variants new names**
- **Infographic: What to do if you suspect monkeypox**

## Monkeypox update

An ongoing outbreak of monkeypox has spread across many countries that don't normally report monkeypox, including the U.S. As of August 25, 46,724 cases have been identified in 98 countries. A total of 16,925 cases have been identified in the U.S., including 16 cases identified in Iowa.

Men who have sex with men make up a high number of cases. However, anyone who has been in close contact with someone who has monkeypox is at risk. The virus is spreading mostly through close, intimate contact with someone who has monkeypox.

CDC has created several new guidance pages related to the outbreak, including for schools, child care, teens, and institutions of higher education, available at [www.cdc.gov/poxvirus/monkeypox/community/index.html](http://www.cdc.gov/poxvirus/monkeypox/community/index.html).

The rash associated with monkeypox involves vesicles or pustules that are deep-seated, firm or hard, and well-circumscribed; the lesions may umbilicate or become confluent and progress over time to scabs. Presenting symptoms typically include fever, chills, distinctive rash, or new lymphadenopathy; however, onset of perianal or genital lesions in the absence of fever has been reported. The rash can be confused with other diseases (e.g., secondary syphilis, herpes, chancroid, and varicella zoster).

A high index of suspicion for monkeypox is warranted when evaluating people with a characteristic rash, particularly for men who report sexual contact with men and individuals reporting travel history or contact with a case of monkeypox. The features of monkeypox cases can easily be confused with sexually transmitted infections (STI). It is important to comprehensively evaluate patients presenting with genital or perianal ulcers for STIs. However, co-infections with monkeypox and STIs have been reported and the presence of an STI does not rule out monkeypox.

Clinicians must report suspected monkeypox cases to IDPH as soon as monkeypox is suspected and prior to collecting specimens.

- Contact IDPH by calling 515-242-5935 during business hours or 515-323-4360 outside of business hours.
- Contact SHL by calling 319-335-4500 or 1-800-421-4692.

For more information about the ongoing monkeypox outbreak, visit [www.cdc.gov/poxvirus/monkeypox/response/2022/index.html](http://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html).

## In the news: Monkeypox experts give virus variants new names

[www.who.int/news/item/12-08-2022-monkeypox--experts-give-virus-variants-new-names](http://www.who.int/news/item/12-08-2022-monkeypox--experts-give-virus-variants-new-names)

### Infographic: What to do if you suspect monkeypox

**MONKEYPOX**

## What To Do If You Suspect Monkeypox

Early detection can help stop the spread of monkeypox. Know what to look for and what to do if you suspect monkeypox.

### Signs and Symptoms

- A new, maculo-papular rash that develops into vesicles and then pustules. Lesions may be deep-seated, firm, well-circumscribed and umbilicated. The rash may:
  - Appear anywhere on the body, including palms, soles and anogenital region
  - Be localized to a specific body site or diffuse
  - Be the only symptom people experience
  - Be painful, painless, or itchy
- Fever, headache, malaise, chills, and lymphadenopathy may occur.
- Patients may present with anorectal pain, rectal bleeding, or tenesmus in association with visible perianal skin lesions and proctitis.



### Ask the patient: Within the last 21 days, have you

- Traveled to a [country](#) with recent monkeypox cases, one that's experienced prior outbreaks?
- Had close or intimate contact with someone with a similar rash or confirmed monkeypox infection?
- Had close or intimate contact with someone in a social network experiencing monkeypox infection?
- Most U.S. cases have been among gay, bisexual, and other men who have sex with men; many of whom had anonymous sex with someone they met on dating apps or sex with multiple partners at commercial sex venues or events where anonymous sex is common.



[www.cdc.gov/monkeypox](http://www.cdc.gov/monkeypox)



### Call your [health department](#) as soon as you suspect monkeypox

- Your state or local public health agency will:
  - Provide guidance for specimen collection and arrange for testing
  - Provide guidance for isolation
  - Discuss treatment options, if needed
- Tell your hospital epidemiologist or infection preventionist about the patient.



### Protect your patient, yourself, and others

- Have the patient wear a mask and place them in a single-patient room. Follow CDC's [infection prevention and control guidelines](#) for healthcare facilities, including using [appropriate PPE](#) around the patient.

### Share resources with your patient

Let patients know:

- [What to do if they are sick](#), including how to manage symptoms and rash relief
- [How to identify close contacts](#) and tips on what to say
- [How to prevent spreading](#) monkeypox to others

People with monkeypox are advised to stay at home (isolate) if they have monkeypox symptoms, including until the monkeypox rash has healed and a new layer of skin has formed.

- [How to disinfect their home](#), including what type of disinfectant to use and how to clean hard and soft surfaces
- If [vaccines](#) may be right for them



To view in full size, visit [www.cdc.gov/poxvirus/monkeypox/pdf/mpx-clinician-what-to-do.pdf](http://www.cdc.gov/poxvirus/monkeypox/pdf/mpx-clinician-what-to-do.pdf).

Have a healthy and happy week!

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