

MONKEYPOX INFORMATION

New Hampshire currently has a low prevalence of identified Monkeypox cases and it is not as easily transmissible as other communicable diseases (i.e. measles, COVID-19, etc.). However, it is important to provide awareness of Monkeypox.

This document outlines basic information Monkeypox symptoms, transmission, prevention and reporting for the NHTI college community.

What is Monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

How Does Monkeypox Spread?

Close or Intimate Contact

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions.

Direct contact can happen during intimate contact, including:

- Oral, anal, and vaginal sex or touching the genitals, or anus of a person with monkeypox.
- Hugging, massage, and kissing.
- Prolonged face-to-face contact.
- Touching fabrics and objects during sex that were used by a person with monkeypox and that have not been disinfected, such as bedding, towels, fetish gear, and sex toys.

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 week.

Monkeypox and Pregnancy

A pregnant person can spread the virus to their fetus through the placenta.

Infected Animals

It's also possible for people to get monkeypox from infected animals, either by being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal.

Scientists are Still Researching other routes of transmission; including:

- If the virus can be spread when someone has no symptoms
- How often monkeypox is spread through respiratory secretions, or when a person with monkeypox symptoms might be more likely to spread the virus through respiratory secretions.
- Whether monkeypox can be spread through semen, vaginal fluids, urine, or feces.

Monkeypox Prevention Steps

Take the following three steps to prevent getting monkeypox:

- 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.
- Avoid contact with objects and materials that a person with monkeypox has used.
 - Do not share eating utensils or cups with a person with monkeypox.
 - Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often.
 - Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.
- Get vaccinated based on CDC/NHDPH guidelines. See [monkeypox-vaccine-locations.pdf](https://www.monkeypox-vaccine-locations.pdf) ([nh.gov](https://www.nh.gov)) for vaccination information.

Common Symptoms of Monkeypox

This is a list of common Monkeypox symptoms and not inclusive of all symptoms:

- Fever/chills
- Swollen Lymph nodes
- Exhaustion/Fatigue
- Muscle and back aches
- Headache
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)
- Rash – could be located on hands, feet, chest, face, mouth, genital and/or anus.
 - Several stages of rash: Appear like pimples or blisters that may be itchy and/or painful.
 - Rash undergoes several stages: including scabbing before healing.

Symptoms can occur in non-specific order.

- Flu like symptoms prior to rash.
- Rash first followed by other symptoms
- Rash only

How Long Monkeypox Symptoms Last

Monkeypox symptoms usually start within three weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash one to four days later.

Monkeypox 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. The illness typically lasts two to four weeks.

If You Have Monkeypox Symptoms or Close Contact Exposure

Take the following steps if you are experiencing Monkeypox Symptoms, or have reported that you have been in close contact with someone suspected/confirmed to have Monkeypox:

- Avoid close contact, including sex or being intimate with anyone, until you have been checked out by a healthcare provider.
- If you don't have a provider or health insurance, visit a public health clinic near you.
- When you see a healthcare provider, wear a mask, and remind them that this virus is circulating in the area.

Report positive test result, symptoms or exposure

Reporting **is required** if any of the following occur and regardless of your Smallpox/Orthopox vaccination status:

- Any Monkeypox symptoms
- A positive or inconclusive Monkeypox test result
- Close contact (see definitions later in this document) to a person confirmed to have Monkeypox

Reporting Process

If you meet any of the above listed criteria:

- Do not come to any NHTI facility, or attend any NHTI class, activity or event and:
- Isolate, regardless of your vaccination status, if you have:
 - A Monkeypox positive or inconclusive test result, regardless if you have symptoms or not OR,
 - Any Monkeypox symptom(s), even a mild single symptom
- Regardless of your vaccination status, if you have:
 - Close Contact exposure risk

These initial reporting steps allows contact tracers to gather necessary information to limit potential for increased contacts and community spread of Monkeypox, to determine any potential need for exclusion and/or reporting to NHDHHS and to provide guidance and resource information.

Reporting - Faculty, Staff, Students, Vendors and Visitors

All faculty, staff, students, vendors and visitors (i.e. dental patients) regardless of status (on/off campus classes, online, remote, Business and Training Center, etc.) **are required to immediately report** to the NHTI Campus Safety Department, regardless of their vaccination status.

All COVID-19 reporting must be to the NHTI Campus Safety Department

Office line (603) 230-4042, or at nhticampussafety@ccsnh.edu

The NHTI Campus Safety Department will conduct an intake of all Monkeypox reports, complete follow up processes as part of the exclusion/isolation processes. Please do not share details on email and if no answer on office line leave a message and an officer will contact you.

Individual Reports to Department Head, Supervisor Faculty or Staff

If anyone should report any of the Monkeypox criteria to a college employee do the following:

- Advise the individual to not come to any NHTI facility or attend any NHTI activity or event
- Advise the individual to contact the NHTI Campus Safety Department immediately

- Promptly forward any information you received from the employee/student to the NHTI Campus Safety Department
- Maintain the individual's privacy and do not share information, or details of the individual's case with anyone that does not have an absolute "need to know", or without the individual's consent

Isolation Time Period

Isolation period for Monkeypox could last up to four weeks and is generally resolved in two to four weeks.

Illness on Campus – Emergent Situation

If any person develops illness on campus or shows signs and/or symptoms of Monkeypox, this is considered an emergency situation.

Immediately contact the NHTI Campus Safety Department on the emergency line at (603) 224-3287, for an immediate response. Individuals who are ill shall be isolated from others and an initial assessment will be conducted.

Exclusion (Isolating) From Campus

Persons will isolate at home. On campus housing students will, in most cases, be sent home to isolate. NHTI has an established on-site isolation location if individual circumstances warrant remaining on campus. Students in this circumstance will be supported during their isolation period.

Faculty will be notified by the NHTI Campus Safety Department when students are excluded from campus and cleared from exclusion.

Persons isolating should work with the NHTI Campus Safety Department during their exclusion period

Students are expected to work with their faculty for ensuring course assignments are completed.

Faculty are expected to work with students who are excluded from the NHTI campus.

Reporting to the New Hampshire Department of Health and Human Services (NHDHHS)

Any cases that occur within the NHTI student population are required to be reported to the New Hampshire Department of Health and Human Services (NHDHHS).

Campus Community Expectations and Other Information

Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community. Monkeypox is not limited to the NHTI campus and there is the expectation that employees and students practice public health measures while on and off campus. The Social Compact for Students and Employees outlines this.

For additional information on how COVID-19 is spread, how to protect yourself and other information please [click here](#) to access the information on the CDC website.

Failure to adhere to the required mitigation protocols outlined in this document may result in disciplinary actions through CCSNH employee workplace policies, or the NHTI Student Code of Conduct for students.

If you should have additional questions please contact the NHTI Campus Safety Department at [NHTI Campus Safety](#)

Information used in this document was obtained from the CDC website.

Updated September 11, 2022