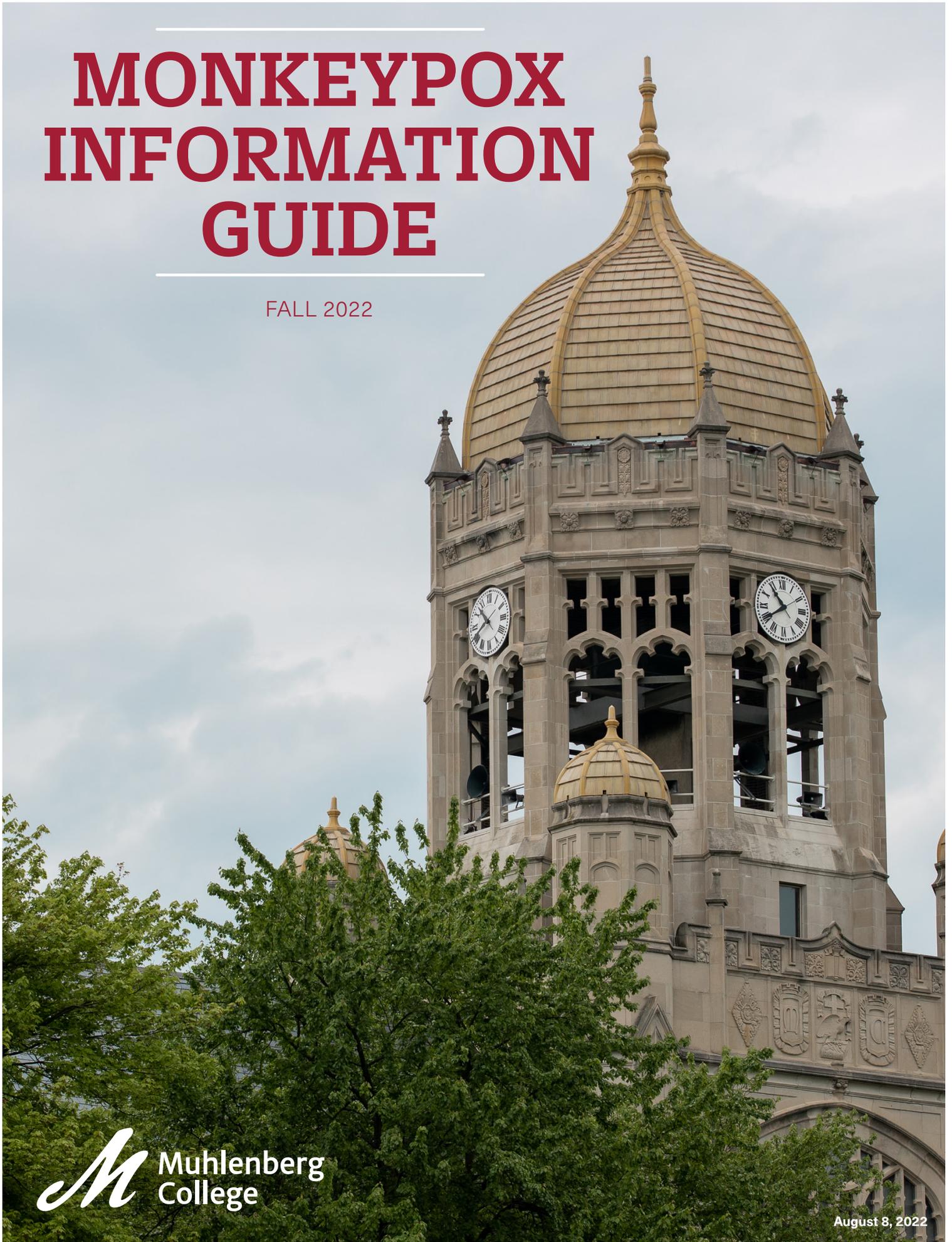

MONKEYPOX INFORMATION GUIDE

FALL 2022



Muhlenberg

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.

Although there have been prior Monkeypox cases, the current outbreak of Monkeypox started in May 2022 in Europe, with the first confirmed case in the United States May 17, 2022. Since then, cases have risen in the United States, as well as globally. In July, the World Health Organization declared Monkeypox a Global Health Emergency. The United States declared the ongoing spread of Monkeypox virus in the U.S. a **Public Health Emergency** in August.

For up-to-date information about the spread and incidence of Monkeypox in the United States, please see the **CDC 2022 US Map and Case Count**. For international information, please refer to the **2022 Monkeypox Outbreak Global Map**.

VIRUS TRANSMISSION

Monkeypox is NOT a sexually transmitted disease.

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; and **face-to-face contact** with respiratory secretions.

This direct contact can happen during all types of intimate contact or by touching fabrics and objects during intimate contact that were used by a person with monkeypox before being disinfected. Additional information regarding intimate contact and ways to protect yourself is available on the [CDC's website](#).

Research is ongoing about the spread through respiratory secretions, including 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.

Signs and Symptoms of Monkeypox

Initial symptoms of Monkeypox include **fever, body aches, fatigue and sometimes enlarged lymph nodes**. The disease can result in a rash that leads to red bumps on the skin that can appear on hands, feet, face, mouth, or even genitals. These rashes can transform into raised bumps or painful pus-filled red papules.

Clinical Progression of Monkeypox

Incubation: Monkeypox symptoms usually start within 1-2 weeks (but possibly up to 3 weeks) of exposure to the virus. During this phase, the person is considered not contagious.

Clinical Presentation

- » **Early onset:** The prodromal period typically lasts 1-4 days and includes flu-like symptoms. The infected person is contagious during this period.
- » **Rash:** The infected person develops the characteristic Monkeypox rash 1-4 days after onset of flu-like symptoms. The infected person is contagious during this period.
- » **Recovery:** The rash typically resolves in 2-4 weeks and is usually self-limited with full recovery. Complications are rare.

Contagious Period: 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 2-4 weeks.

COLLEGE RESPONSE



The College continues to monitor the situation. In addition, the Associate Dean of Community Health remains in close communication with our partners at Saint Luke's University Health Network, Lehigh Valley Health Network, the Allentown Health Bureau, the CDC, the PA Department of Health and Human Services and American College Health Association to guide our planning and decision making. In addition, the College will do the following:

Provide community health education to include general information about the virus, local health resources, prevention information, early detection and treatment information and education to reduce stigmatization.

Ensure that our cleaning and disinfecting products and procedures are effective against Monkeypox. The College currently uses disinfectant products that are effective for this purpose. Our cleaning procedures include the following:

» **Buildings, common areas, hallways and classrooms:**

These areas will be cleaned and disinfected daily by Plant Operations staff. High-touch surfaces will be disinfected regularly throughout the day. Disinfectant wipes will be available in each classroom for students and professors (and any classroom users) to wipe down desks and high-touch surfaces after each class.

» **Traditional Residence Halls:**

Communal bathrooms and showers will be cleaned and disinfected each morning, followed by a minimum of three additional disinfecting periods throughout the day of high-touch areas, toilets and sinks. Hallways and common areas will be cleaned and disinfected daily, with more frequent disinfecting of high-touch areas during the day.

» **Suite, apartment or house living situations:**

Students are responsible for cleaning all areas within their suite, apartment or house. Students will be provided with information on proper cleaning procedures, including information on recommended cleaning products and frequency of use.

Coordinate clinical testing and treatment options through the Health Center for students.

The Health Center will also stay in close touch with the Allentown Health Bureau and other local agencies to advertise and support vaccination clinics that may become available locally.

Offer support services for students who must isolate away from campus as a result of Monkeypox.

What should you do if you think you have Monkeypox:



Students who are experiencing any symptoms, such as flu-like symptoms or rash, must call Health Services (484-664-3199) to schedule an appointment for clinical evaluation. After hours (nights and weekends), students should call Campus Safety (484-664-3110) to speak with a nurse or for Muhlenberg College Emergency Medical Services response.

Employees should remain home and contact their health provider for follow up and clinical testing. If the employee tests positive, they should notify Human Resources for further instruction.

Exposure Information

Students with a known exposure to a person with known or suspected Monkeypox should notify Health Services as soon as possible during regular business hours for important Monkeypox exposure information (including self monitoring information and vaccination information).

Employees with a known exposure to a person with known or suspected Monkeypox should contact their health provider.

Isolation Information

Isolation Period: Isolation is from the onset of symptoms until the rash has healed, all scabs have fallen off and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.

Return from Isolation: All infected persons must have an evaluation by their health care provider when all lesions have fallen off and a fresh layer of skin has formed.

- » Students must contact Health Services and upload documentation to their health portal from their health care provider that they are no longer contagious as all lesions have fallen off and a fresh layer of skin has formed before they may return.
- » Employees must submit medical documentation to Human Resources before they are permitted to return to campus.

**If a student cannot isolate away from campus due to extraordinary circumstances, they will work with the Dean of Students Office to address their situation.*

Student Academic Information during Isolation

Students who are isolating with Monkeypox should refer to the [“Temporary Absence from Campus Policies”](#) webpage for information about academic options, including the [Request for Short Term Absence](#) policy, procedure and request form.



Important Contacts

For specific questions, you may contact the following offices:

Health Services

484-664-3199

healthservices@muhlenberg.edu

Counseling Services

484-664-3178

Dean of Students

484-664-3182

deanofstudents@muhlenberg.edu

Office of the Provost

484-664-3134

provost's_office@muhlenberg.edu

Housing & Residence Life

484-664-3180

housing@muhlenberg.edu

Human Resources

484-664-3165

hr@muhlenberg.edu

Global Education

484-664-3479

studyabroad@muhlenberg.edu

International Student Support

484-664-3448

oiss@muhlenberg.edu

Campus Safety

484-664-3112

Individuals who experience any related bias or harassment may submit a [Bias Incident Reporting Form](#). For individual support related to bias or harassment, students can reach out to the [Title IX Office](#) or [Counseling Services](#).

Resources

General Information and Incidence

- » CDC [General Information and 2022 US Monkeypox Outbreak](#)

Prevention

- » CDC [How to Protect Yourself](#)
- » CDC [Safer Sex, Social Gatherings and Monkey Pox](#)



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We're all in this together