

October 27, 2022

Clinical Considerations for Monkeypox Virus and Current COVID-19 Guidance Updates

Summary

As of October 7th, 26,577 cases of monkeypox have been diagnosed in the United States with 287 of the cases in Ohio. According to the Ohio Department of Health (ODH), of those 287 cases, 29 individuals required hospitalization. One death due to monkeypox was reported in Ohio. Delaware Public Health District (DPHD) has not had any reported cases of monkeypox in Delaware County.

Although epi trends provided by the CDC indicate that total cases of monkeypox in the United States are trending downwards, DPHD is issuing this health alert to remind physicians and healthcare providers to continue to screen patients for monkeypox symptoms and to consider testing if clinical criteria are met. DPHD also intends to offer guidance regarding general considerations for pain management in patients with monkeypox virus as well as information regarding monkeypox vaccination.

While the COVID-19 community levels remain low for Delaware County, according to the CDC, the community transmission levels are classified as substantial. DPHD remains vigilant in COVID-19 case investigations and outbreak monitoring. The second part of this Health Alert is to reiterate current COVID-19 guidance for cases and contacts.

DPHD is available 24/7 for Communicable Disease Reporting. For after hours, contact 740-815-6518.

Clinical Considerations for pain management of monkeypox

Monkeypox is a disease caused by monkeypox virus. It is a viral zoonotic disease, meaning that it can spread from animals to people. It can also spread when a person has contact with a person or materials (e.g., bedding, towels) that are contaminated with the virus. Because monkeypox lesions often involve sensitive areas, such as the oral mucosa or genitalia, patients infected with monkeypox often have severe pain as a complication of the illness. Because of the areas commonly affected, patients may withhold reporting pain upon initial assessment. Healthcare professionals should include pain assessment during routine assessment of patients who are diagnosed with monkeypox.

For patients who are diagnosed with monkeypox, topical or systemic medications can be prescribed at the provider's discretion. Some examples include topical steroids, NSAIDs, or in cases of severe pain, opioids, or gabapentin. Stool softeners or sitz baths can be recommended for patients suffering from rectal pain. When lesions occur in the mouth, oral antiseptics and/or analgesic mouthwash may be indicated.

Vaccination for monkeypox

Currently, the two vaccines available for the prevention of monkeypox are JYNNEOS or ACAM2000. DPHD offers doses of JYNNEOS vaccine to the public. If healthcare professionals feel vaccination is indicated or if patients have questions about monkeypox vaccination, please visit <https://www.delawarehealth.org/immunizations/> or call the Health District at **740-368-1700** and ask to speak to a member of the Clinical Services Unit (**Option 5**).

DPHD COVID-19 Guidance

Delaware Public Health remains determined to provide residents and healthcare providers within DPHD jurisdiction with the most up-to-date guidance regarding COVID-19. This Health Alert contains the written guidance that is provided to DPHD residents who are cases of COVID-19 or who are exposed to a confirmed case of COVID-19.

Current DPHD guidance for COVID-19 cases:

1. *Isolate at home for at least 5 days.* The day symptoms start is day zero (or if asymptomatic, the test date is day zero).
 - a. End isolation after day 5 (on day 6) if:
 - i. Fever-free for 24 hours without using fever-reducing medications **and**
 - ii. Symptoms have improved.
 - b. Those who are immunocompromised or have moderate or severe illness may need to isolate longer than 5 days. For further details, please visit: <https://www.delawarehealth.org/wp-content/uploads/2022/08/DPHD-COVID-19-Isolation-and-Exposure-Guidance.pdf>
2. *Wear a well-fitting mask for a full 10 days* when around others in your home or in public.
 - a. Option to remove mask sooner than day 10 if:
 - i. You obtain 2 negative antigen tests.
 - ii. The first test must be taken on day 6 or later.
 - iii. The second test must be taken 48 hours after the first test. For example, test on days 6 and 8, or days 7 and 9.
 - iv. Note: If your antigen test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests until you have two negative tests 48 hours apart. This may mean you need to continue wearing a mask and testing beyond day 10.
3. *Notify others* you were around beginning 48 hours prior to symptom onset (or if asymptomatic, 48 hours prior to the positive test). An exposure is defined as 6 ft or less for 15 min or more (cumulative in a 24-hr period) when one or both individuals were not wearing a mask.
4. *Report a positive test* to the Health District
 - a. If you test positive with an at-home test, please report to DPHD via the following link: <https://forms.delawarehealth.org/Forms/COVID19CaseInterview>

Current DPHD Guidance for patients exposed to COVID-19 cases:

1. Wear a well-fitting mask for 10 days from your last exposure whether or not you are vaccinated or had COVID-19 in the past.
2. Wear a mask any time you are around others in public or inside your home.
 - a. Day zero is the day of your last exposure to someone with COVID-19.
3. Monitor for symptoms. If you develop symptoms, isolate immediately.
4. Get tested at least 5 full days after your last exposure (day 6 or later). Test even if you don't develop symptoms.
 - a. If you test negative, continue taking precautions including wearing a mask through day 10. You can still develop COVID-19 up to 10 days after you have been exposed.
 - b. If you test positive, isolate immediately.
 - c. If you already had COVID-19 in the past 90 days, see specific testing recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html#choosing-a-test>

For questions or concerns regarding COVID-19, contact COVID19@delawarehealth.org or call 740-368-1700.

References

- <https://www.cdc.gov/poxvirus/monkeypox/clinicians/pain-management.html#general-considerations>
<https://odh.ohio.gov/know-our-programs/mpx/monkeypox-dashboard>
<https://www.cdc.gov/poxvirus/monkeypox/response/2022/us-map.html>