



BETHUNE-COOKMAN UNIVERSITY

FOUNDED IN 1904 BY DR. MARY MCLEOD BETHUNE

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Student Health Services

MONKEYPOX **Isolation and Precautions** **CDC Guidelines**

Latest Update 8/16/2022

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox symptoms are similar to smallpox symptoms, but milder and rarely fatal. The source of the disease is unknown (CDC).

Monkeypox Symptoms

People with monkeypox get a rash that may be located on or near the genitals, 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.

Other symptoms of monkeypox can include:

Fever

Chills

Swollen lymph nodes

Exhaustion

Muscle aches and backache

Headache

Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)

You 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.
- 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.

At this time, data suggests that gay, bisexual, and other men who have sex with men make up the majority of cases in the current monkeypox outbreak (CDC). However, anyone,

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regardless of sexual orientation or gender identity who has been in close, personal contact with someone who has monkeypox is at risk.

How monkeypox spreads (CDC)

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.

This direct contact can happen during intimate contact, including:

- Oral, anal, and vaginal sex or touching the genitals (penis, testicles, labia, and vagina) 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.

Testing

Testing is only be performed on people with a rash consistent with monkeypox. Testing is provided in Student Health Services.

Isolation

Students testing positive for monkeypox are required to isolate until the rash has healed and a new layer of skin has formed. The period of isolation may be between 2-4 weeks.

- Students must reside alone where others are not exposed.
- Upholstered furniture and porous materials should be covered.
- Sheets, blankets and clothing should be washed alone.
- A separate bathroom that is not shared by others should be used.
- Do not share items such as linens, cups, dishes, and other eating utensils
- Do not leave home (except for emergencies: wear face mask and cover lesions).
- Do not attend in person class, church, etc.; or work in person until lesions are fully healed.
- Avoid contact with pets in the home.
- All areas must be regularly disinfected.