

Monkeypox

Employee Instructions after Exposure

Key Points:

- Employees with **High or Intermediate Risk** Monkeypox Exposure(s) should discuss prophylactic vaccination (to reduce the risk of developing monkeypox and/or to reduce the severity of the infection) with Occupational Health at the Employee Resource Center: 1-844-543-2147 (Option 2) to discuss possible vaccination.
- Employees with **High, Intermediate, or Low Risk** Monkeypox exposure(s):
 1. Continue to work if Asymptomatic
 2. Self-monitor and record for the following symptoms twice daily for 21 days after the exposure:
 - a. Fever (≥ 100.4 F)
 - b. Rash
 - c. Swollen lymph nodes (glands)
 - i. A self-monitoring monitoring tool is included at the end of this document.
 3. If Symptomatic (fever or any symptom suggestive of monkeypox), stay at home and call Occupational Health at the Employee Resource Center: 1-844-543-2147 (Option 2)

What is Monkeypox?

Monkeypox is viral illness first described in humans in 1970. It is characterized by fever, swelling of lymph nodes, and a characteristic rash that usually begins within a few days following the onset of fever. Typically, the rash begins on the face or groin area and then spreads to other parts of the body. While the monkeypox virus is related to the smallpox virus, it is a far less dangerous disease than smallpox.



Reference: Gov.uk, "Monkeypox: background information" Retrieved June 2022.
<https://www.gov.uk/guidance/monkeypox#clinical-features>

If there is a patient with monkeypox, who is at risk?

It is scenario dependent. **High Risk** involves touching any body part of a monkeypox infected patient (or their belongings, sheets or dressings) without ALL of the following: eye protection, fitted N95 respirator (or fitted elastomeric, or PAPR), gown and gloves.

If you believe you may have been exposed in any way, talk with your supervisor and request they consult with Infection Prevention to determine your risk level.

For **High and Intermediate Risk** exposures: discuss prophylactic vaccination with a clinician through Occupational Health at the Employee Resource Center: 1-844-543-2147 (Option 2).

All exposures require an employee or medical staff to self-monitor and record for the following symptoms twice daily for 21 days after the exposure:

- **Fever (>100 F)**
- **Rash**
- **Swollen lymph nodes (glands)**

A self-monitoring monitoring tool is included at the end of this document.

If symptomatic (fever or any symptom suggestive of monkeypox), stay at home and call Occupational Health at the Employee Resource Center: 1-844-543-2147 (Option 2)

What are the available vaccines?

There are 2 currently licensed vaccines: JYNNEOS (also known as Imvamune or Imvanex) and ACAM200. Past data from Africa suggest that the available vaccines are at least 85% effective in preventing monkeypox.

JYNNEOS is administered as a live virus that is non-replicating. It is administered as 2 subcutaneous injections 4 weeks apart. It can be given at the same time as other vaccines. There is no visible “take” and as a result, no risk for spread to other parts of the body or other people. People who receive JYNNEOS are not considered vaccinated until 2 weeks after they receive the second dose of the vaccine.

In general, JYNNEOS is the preferred vaccine as it is non-replicating and easy to administer. It is the vaccine that is currently being made available by public health departments to individuals exposed to monkeypox.

ACAM2000 is a live virus preparation that is inoculated into the skin by pricking the skin surface. The virus growing at the site of this inoculation lesion can be spread to other parts of the body or even to other people.

What vaccine may be available through Occupational Medicine and Wellness Services (OMWS)?

OMWS will receive single doses of JYNNEOS monkeypox vaccine from the State Department of Health as needed.

When is the vaccine recommended after an exposure?

The CDC recommends vaccination within 4 days from the date of exposure in order to prevent onset of the disease. Vaccination between 4–14 days after the date of exposure may not prevent the disease but may reduce the symptoms of disease.

How effective is the vaccine in preventing monkeypox?

The smallpox vaccine can protect people from getting monkeypox due to the close relation between the two viruses. However, it is difficult to conclude how precisely the JYNNEOS vaccine is in protecting humans from monkeypox because the available data comes from animal studies.

Does receiving the smallpox vaccine in the past protect you from monkeypox?

Possibly, particularly if the smallpox vaccine was received within the past three years. However, routine smallpox vaccine stopped in 1972 except for rare situations such as for certain lab workers who work with these viruses, during a bioterrorism threat, etc.

Individuals who have received a smallpox vaccine in the past may elect to get single dose of monkeypox vaccine instead of two doses. However, two doses will be offered at this time given some uncertainty with the same level of protection from a single dose of monkeypox vaccine and a past history of receiving a smallpox vaccine.

What are the possible side effects of the monkeypox vaccine?

Refer to the CDC's Smallpox/Monkeypox Vaccine (JYNNEOS) Information Statement (VIS) available at: [Smallpox/Monkeypox Vaccine Information Statement | CDC](#). Vaccine side effects are usually mild and include redness, soreness and itching where the vaccine shot is given. Tiredness, headache and muscle pain are sometimes reported but these are typically short-term.

As with any vaccine or medication, there is a very remote chance of a severe allergic reaction, other serious injury or death.

Is the vaccine safe for individuals who are pregnant, planning pregnancy or breastfeeding?

Yes, although it might be best to also consult with your Obstetrician (if pregnant) or Pediatrician (if breastfeeding).

Is the vaccine safe for individuals who have an immunocompromised medical condition?

Yes, although it may be less effective.

More information is available through the CDC at: [Monkeypox and Smallpox Vaccine Guidance | Monkeypox | Poxvirus | CDC](#)

Self-Monitoring Table

Day#	Date	Temperature (must not be ≥ 100.4 F)		Rash		Swollen glands	
1		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
15		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
16		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
17		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
18		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
19		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
20		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
21		AM:	PM:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No