

Signs, Symptoms, Treatment, and Prevention of Monkeypox

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MPox signs and symptoms

- **Rash**, typically on genitalia or hands, feet, chest, face, mouth
- Less commonly:
 - Fevers/chills
 - Swollen lymph nodes
 - Headache
 - Muscle aches/pains/fatigue
 - Respiratory symptoms (sore throat, congestion, or cough)



Monkeypox

A visual review of the five stages:



Stage 1 – Macule.
The rash starts as flat, red spots (lasts for 1-2 days).



Stage 2 – Papule.
The spots become hard, raised bumps (lasts for 1-2 days).



Stage 3 – Vesicle.
The bumps get larger. They look like blisters filled with clear fluid (lasts for 1-2 days).



Stage 4 – Pustule.
The blisters fill with pus (lasts for 5-7 days).



Stage 5 – Scabs.
The spots crust over and become scabs that eventually fall off (lasts for 7-14 days).



How is MPox spread?

- Generally through close, skin-to-skin contact, especially of rashes/scabs
- Sexual intercourse
- Touching objects/fabrics from someone who has MPox
- Prolonged face-to-face contact (respiratory secretions)
- Contact with infected animals

What should you do if you suspect MPox?

- PCR tests are limited but available (Quest Diagnostics)
- JYNNEOS vaccine **can be used as post-exposure prophylaxis**
- Criteria for vaccination includes:
 - Gay, bisexual, and other men or trans people who have sex with men
 - People with recent potential exposure to MPox
 - Certain health care and laboratory personnel whose jobs regularly put them at high risk of exposure to the virus, such as performing testing or caring for multiple people infected with hMPXV
- For severe disease, or for lesions in the eye/mouth/anogenital area, consider **tecovirimat (TPOXX)**

Vermont Department of Health Specifics - MPox

Call Vermont Department of Health Infectious Disease Program at 802-863-7240 (option 2) to speak with an epidemiologist 24/7. They will guide you through the process of specimen collection and sending specimens to the Vermont Department of Health Laboratory (VDHL). Testing is also available through the commercial labs Labcorp, Aegis and Quest. Turn-around time and cost may vary by lab.

- Make sure that all the appropriate [isolation and infection control protocols](#) are being followed.
- For infection control in healthcare settings, including patient placement, personal protective equipment (PPE) and environmental infection control, please refer to [Infection Prevention and Control of hMPXV in Healthcare Settings](#).
- Patients who do not need to be hospitalized should follow [home isolation measures](#) while laboratory tests are pending and, if positive, until they are no longer infectious (until all lesions have resolved and a fresh layer of skin has formed).

Sources

1. <https://www.cdc.gov/poxvirus/monkeypox/symptoms/index.html>
2. (Image)
<https://laist.com/news/health/lesions-debilitating-pain-monkeypox-experience>
3. <https://www.uptodate.com/contents/treatment-and-prevention-of-monkeypox#H3946627663>
4. <https://www.questdiagnostics.com/healthcare-professionals/about-our-tests/infectious-diseases/monkeypox>