

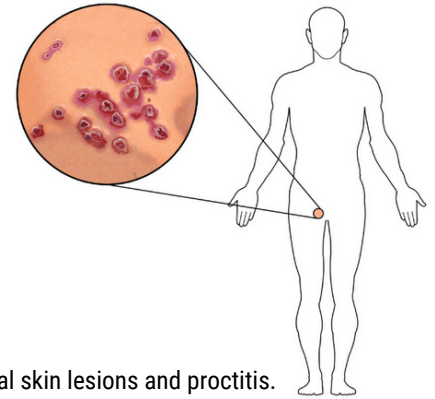
# FOR CLINICIANS: WHAT TO DO IF YOU SUSPECT MPOX



Early detection can help stop the spread of human monkeypox (MPOX). To date, most cases in the current U.S. outbreak have occurred among gay, bisexual, and other men who have sex with men. However, any patient, regardless of sexual or gender identity, with a rash consistent with MPOX should be tested. Know what to look for and what to do if you suspect MPOX.

## Signs & Symptoms

- A new, maculo-papular rash that develops into vesicles and then pustules.
- Lesions may be deep-seated, firm, well-circumscribed, or umbilicated.
- The rash may:
  - Appear anywhere on the body, including palms, soles and anogenital region;
  - Be localized to a specific body site or diffuse;
  - Be the only symptom people experience; and
  - Be painful, painless, or itchy.
- Fever, headache, malaise, chills, and lymphadenopathy may occur.
- Patients may present with anorectal pain, rectal bleeding, or tenesmus in association with visible perianal skin lesions and proctitis.



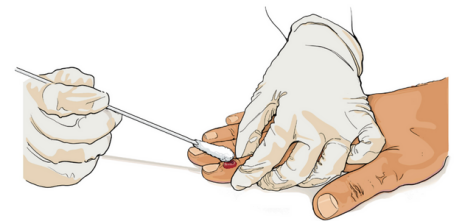
## Ask the Patient

- **Within the last 21 days, have you:**
  - Traveled to a [country](#) with recent MPOX cases, one that's experienced prior outbreaks?
  - Had close or intimate contact with someone who has had a similar rash or confirmed MPOX infection?
  - Had close or intimate contact with someone in a social network experiencing MPOX infection?
    - Most U.S. cases have been among gay, bisexual, and other men who have sex with men; many of whom had anonymous sex with someone they met on dating apps or sex with multiple partners at commercial sex venues or events where anonymous sex is common.



## Report Cases

- Report confirmed or probable cases of MPOX to County Epidemiology Unit within one working day using a [Confidential Morbidity Report](#) faxed to **858-715-6458**, or sent by secure email to [epi-cdreporting.hhsa@sdcounty.ca.gov](mailto:epi-cdreporting.hhsa@sdcounty.ca.gov).
- MPOX virus-specific testing is [available through commercial laboratories or through the Public Health Laboratory](#).
  - Follow specimen collection instructions provided by the laboratory.
  - Testing through commercial laboratories does not require approval by the County, however, when provider submit samples through commercial laboratories, providers are requested to report suspected cases to the County.
  - Testing through the Public Health Laboratory requires approval but sample collection and refrigeration before approval is acceptable.
- For questions, call 619-692-8499 (Monday - Friday, 8 AM - 5 PM).



## Protection & Resources

- **Protect your patient, yourself, and others:** Have the patient wear a mask and place them in a single-person room.
  - Follow Centers for Disease Control and Prevention's (CDC) [infection prevention and control guidelines](#) for healthcare facilities, including using [appropriate personal protective equipment](#) (PPE) around the patient.
- **Share resources with your patient. Let patients know:**
  - [What to do if they are sick](#), including how to manage symptoms and rash relief, and [how to identify close contacts](#) and tips on what to say.
  - [How to prevent spreading MPOX to others](#). People with MPOX are advised to stay at home (isolate) if they have MPOX symptoms.
  - [How to disinfect their home](#), including what type of disinfectant to use and how to clean hard and soft surfaces.
  - If [treatment](#) may be right for them.



For updates, text COSD MONKEYPOX to 468-311. For resources, visit:

[SanDiegoCounty.gov/monkeypoxSD](https://SanDiegoCounty.gov/monkeypoxSD)



9-15-2022