



To: CAHAN San Diego Participants
Date: September 19, 2022
From: Public Health Services

Health Advisory Update #5: Human Monkeypox Treatment with Tecovirimat and Supportive Measures

Key Messages

- Persons with severe monkeypox (MPOX), with MPOX and complications, or with milder MPOX infections that are at high risk for progression to severe disease due to co-morbid conditions are eligible for tecovirimat (TPOXX) treatment.
- [TPOXX](#) is available from several local health systems and clinics through an Expanded Access Investigational New Drug (EA-IND) [protocol](#) from the Centers for Disease Control and Prevention (CDC).
- Providers can become TPOXX prescribers by contacting the County of San Diego (County) [Medical Health Operational Area Coordinator \(MHOAC\)](#).
- TPOXX is available through the County for persons who do not have an established healthcare provider by calling 619-692-5500 to schedule an evaluation for MPOX.
- [Supportive care](#), especially pain management, is an important component of MPOX treatment.
- MPOX isolation may last several weeks; providers are encouraged to work with their patients on [short term disability applications](#).

Situation

On August 1, 2022, the Governor declared a [state of emergency](#) to enhance response efforts for the MPOX outbreak. A [local health emergency](#) was declared on August 2, 2022. As of September 15, 2022, 368 confirmed or probable MPOX cases have been reported among San Diego County residents. County MPOX data is available [here](#).

Background

Tecovirimat (TPOXX)

TPOXX is an [Food-and-Drug-Administration-approved](#) antiviral medication for the treatment of human smallpox disease. The CDC holds an EA-IND [protocol](#) that allows for the use of TPOXX to treat MPOX. [TPOXX is indicated for the treatment](#) of people:

- With severe disease (e.g., hemorrhagic disease; large number of lesions such that they are confluent; sepsis; encephalitis; ocular or periorbital infections).
- With infectious anatomic areas which might result in serious sequelae that include scarring or strictures (e.g., pharynx, genital mucosa, anal mucosa).
- At risk for severe disease (e.g., immunocompromised individuals, pediatric patients, pregnant or breastfeeding people, and people with a condition affecting skin integrity [e.g., atopic dermatitis or other active exfoliative skin conditions]).

Prescribing

For treatment of MPOX, the adult TPOXX dose is three 200 mg capsules (600 mg, total) twice daily for 14 days. For adults over 120 kg, 600 mg is given three times daily for 14 days. Pediatric TPOXX dosing is available [here](#). TPOXX should be taken within 30 minutes after a full meal of [moderate or high fat](#). Intravenous (IV) TPOXX is available for patients who are unable to take oral medications. Training on TPOXX prescribing is available through [CDC](#). The California Department of Public Health recommends this [guidance developed by the New York City Department of Health and Mental Hygiene](#) as a useful resource.

Under the EA-IND, an [informed consent form](#) and a [patient intake form](#) **must be completed for each patient prior to initiating treatment**. Instructions for completion and submission of these and other required documents are available [here](#).

Availability

As of September 16, the Medical Health Operational Area Coordination (MHOAC) Program has distributed TPOXX to the following health systems and clinics in San Diego County.

- Family Health Centers of San Diego
- Kaiser Permanente
- Palomar Health
- Rady Children’s Hospital
- San Ysidro Health
- Scripps Health
- Sharp HealthCare
- Tri-City Medical Center
- UC San Diego Health
- Vista Community Clinic

Providers not affiliated with any of the above institutions can become oral TPOXX prescribers by:

1. Completing the [EA-IND required documents](#) mentioned above and [submitting them to CDC](#); and
2. Contacting the MHOAC at mhoac.hhsa@sdcounty.ca.gov to place an order with CDPH to ship oral TPOXX to a healthcare facility.

An initial course of oral TPOXX can be transferred to providers before that shipment arrives by contacting the County Epidemiology Unit (619-692-8499: 8 am to 5 pm, Monday through Friday). However, providers are required to complete the above steps to dispense TPOXX to a patient according to the [EA-IND protocol](#) and to receive subsequent doses through the MHOAC.

Adult patients who do not have an established healthcare provider can be referred through the County for MPOX evaluation and TPOXX prescription, if indicated, by calling 619-692-5500. Patients should be reminded to wear a mask and cover all lesions before arriving at their appointment. Rady Children’s Hospital can provide healthcare services for pediatric patients.

Supportive Measures

[Supportive care measures for treatment of MPOX](#) includes maintenance of fluid balance, pain management, and treatment of bacterial superinfections or co-occurring sexually transmitted infections. Antihistamines, topical anti-irritants (petroleum jelly, calamine lotion), warm oatmeal baths, and menthol or camphor lotions may help pruritis. Saltwater rinses, ice chips, “miracle” mouthwashes, and benzocaine/lidocaine gels may help with pain from oral lesions. Warm sitz baths lasting at least 10 minutes several times a day and topical benzocaine/lidocaine may help

with pain from genital or anorectal lesions or proctitis. CDC has issued a [Dear Colleague Letter](#) on supportive pain management for persons with MPOX.

Patients are considered infectious until the rash has healed over, scabs are gone, and new pink skin has replaced the pock. This can take several weeks. Social services and mental health support may be needed for some patients due to prolonged isolation. Providers are encouraged to complete [short-term disability](#) applications with their patients.

CDPH has released [isolation guidance for the general public](#). The guidance allows for isolation to end before all lesions are healed over **under certain circumstances** and includes information on returning to work. [Guidance for homeless shelter providers](#) is also available.

Actions Requested

1. Stay up to date on [Guidance for Tecovirimat Use Under Expanded Access Investigational New Drug Protocol](#).
2. Screen patients with suspect or confirmed MPOX for conditions that may put them at [high risk of severe disease](#) and consider treatment with TPOXX.
3. Evaluate patients for [severe disease and complicated infections](#) and consider treatment with TPOXX.
4. Prescribe TPOXX through your affiliated facility.
5. Become an oral TPOXX provider, if not affiliated with a facility that is dispensing TPOXX by contacting the [MHOAC](#).
6. Provide supportive care and multimodal therapies to treat symptoms of MPOX. [Pain control](#) should be a priority. Social services and mental health support may be needed for some patients.
7. Assist patients in applying for [short term disability](#) given the length of isolation.
8. Refer persons who do not have an established healthcare provider by scheduling an evaluation for MPOX at 619-692-5500.
9. Contact the County Epidemiology Unit for questions about TPOXX at 619-692-8499 (8 am to 5 pm, Monday through Friday).

Resources

- [Guidance for Tecovirimat Use Under Expanded Access Investigational New Drug Protocol during 2022 U.S. Monkeypox Cases | Monkeypox | Poxvirus | CDC](#)
- [Information for Healthcare Providers on Obtaining and Using TPOXX \(Tecovirimat\) for Treatment of Monkeypox | Monkeypox | Poxvirus | CDC](#)
- [Clinical Considerations for Treatment and Prophylaxis of Monkeypox Virus Infection in People with HIV | Monkeypox | Poxvirus | CDC](#)
- [Monkeypox | CDPH](#)
- [MPOX Home Isolation Guidance for the General Public | CDPH](#)
- [CAHAN Human Monkeypox | County of San Diego](#)
- [Health Advisory: Meningococcal Infections and Monkeypox in Men who Have Sex with Men | County of San Diego](#)

Thank you for your participation.

CAHAN San Diego

County of San Diego Health & Human Services Agency
Phone: (619) 692-8499; Fax: (858) 715-6458
E-mail: cahan@sdcountry.ca.gov
Public Website: <http://www.cahansandiego.com>

Epidemiology and Immunization Services Branch
Urgent Phone for pm/weekends/holidays: (858) 565-5255
Secure Website: <https://member.everbridge.net>