

Monkeypox: An Update for Community Based Organizations Serving LGBTQ + Californians

California Department of Public Health

Thursday, June 16, 2022 | 11:00 am-12:00 pm

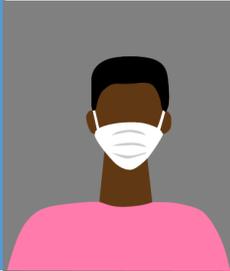
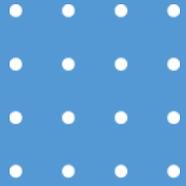


WEBINAR LOGISTICS

- Please enter your name, pronouns, and organization into the chat
- All participants are muted to preserve sound quality
- Please enter questions into the **Q&A tab** to be answered by the panelists



AGENDA



Webinar Logistics

Jessica Frasure-Williams

STD Control Branch, Program
Development Section Chief

Welcome and Meeting Purpose

Dr. Erica Pan

Deputy Director, Center for Infectious
Diseases
California State Epidemiologist

Background and Status of Monkeypox

Dr. Phil Peters

Medical Officer, Office of AIDS

What Can We Do About Monkeypox?

Dr. Eric Tang

Chief (Acting), Sexually Transmitted
Diseases Control Branch

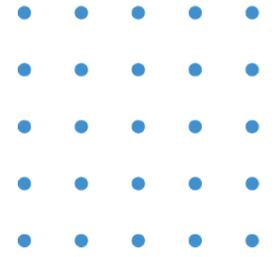
Moderated Q&A

All Panelists

Closing

Jessica Frasure-Williams

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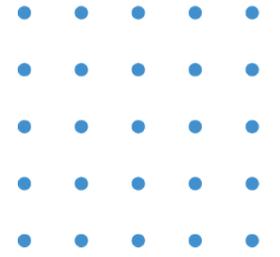


Welcome and Purpose

Dr. Erica Pan (she/her)

Deputy Director, Center for Infectious Diseases

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Background and Status of Monkeypox

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Medical Officer, Office of AIDS



What is monkeypox?

- **Monkeypox is a rare infection**
 - an orthopoxvirus
 - similar to smallpox but less transmissible / less severe
 - certain rodents and non-human primates (monkeys) can become infected (e.g., prairie dogs; 2003)
 - endemic in certain rodent populations in Central and West Africa
- **Monkeypox cases previously identified in the U.S.**
- In May 2022, multiple countries (many in Europe) reported the **simultaneous emergence** of monkeypox without travel links to countries with endemic infection or links to an animal exposure

Situational Update: Monkeypox in Non-endemic Countries

as of June 15, 2022

Estimated
International and
U.S. Cases since
May 2022 in
non-endemic
countries

- **Global total: 2,090** monkeypox/orthopox cases, from 53 non-endemic countries, as of 6/10/2022
- **U.S.: 84 cases**, as of 6/15/2022
 - all adults with less severe strain
 - 19 states
 - Median age: 38 years (range 23-76)
- **California: 19 cases**, as of 6/15/2020

CA Cases as of 06/15/2022

California cases:

- Most are gay, bisexual and other men who have sex with men (MSM)
- Lesions in genital or perianal area
 - Several have additional lesions in other locations
- Prodrome has been variable from mild or absent. One developed fever after rash presented.
- All have had mild disease. Five have initiated antiviral treatment.
- Post-exposure prophylaxis (PEP) has been provided to almost 50 close contacts

Signs and Symptoms of Monkeypox

- **Classically starts with prodrome of flu-like symptoms, followed by rash 1-3 days later**
 - Fever, headache, muscle aches; fatigue & swollen lymph nodes
 - Rash usually starts on face and spreads throughout body
 - Discrete lesions (can coalesce) in same stage at same location
 - Palms, soles, mucous membranes can be involved
 - Rash starts red & flat, becomes a bump, becomes fluid and then pus filled, and then crusts/scabs.
- **Rash usually resolves in 2-4 weeks**
 - Lesions scab and scabs fall off, leaving new skin underneath
 - No longer infectious



Photo: NHS England High Consequence Infectious Diseases Network

Identifying Monkeypox

Monkeypox rash may be confused with other diseases, such as syphilis, herpes, and chickenpox

- Lesions are often firm and umbilicated (resembles a dot on the top of the lesion, with a depression in the center)
- Classically, lesions are similar size and same stage of development on a single site of the body
- Swollen lymph nodes common
- Lesions on palms, soles
- Lesions often described as painful until healing phase when they become itchy (crusts)



Photo: General Hospital University of Malaga

Atypical Presentations

Monkeypox symptoms and rash sometimes atypical in current outbreak

- Lesions in different phases of development
- Small lesions and rapid progress through stages
- Sometimes rash localized to a mucosal area (e.g., anogenital)
- Present sometimes anorectal pain or tenesmus
- Prodromal symptoms are variable
- Lymphadenopathy less common



How is monkeypox spread?

- **Classically:** contact with the virus from an infected animal, infected person, or materials contaminated with the virus
- **Current Outbreak: direct skin contact with a monkeypox lesion**
 - can spread during intimate contact but not known if monkeypox can spread through semen or vaginal fluids
 - Can also be spread by respiratory secretions during face-to-face contact. Greater than 3 hours within 6 feet is considered high exposure

Testing

- **CA Laboratory Response Network labs can do orthopoxvirus real time PCR**
- **Testing currently requires consultation with the local health department**
 - Efforts are underway to expand testing availability
- More than one lesion (2 – 4) should be swabbed, preferably from different areas of the body; two swabs should be collected from each lesion.
- **Confirmatory monkeypox virus testing is only done at CDC**

Vaccination & Post-Exposure Prophylaxis (PEP)

- Experience with smallpox: vaccination after an exposure can protect against infection
- **Jynneos vaccine FDA-approved to prevent monkeypox in the Strategic National Stockpile**
 - may be more effective (higher neutralizing antibodies) and safer (few side effects) than older vaccines (e.g., ACAM2000)
- For PEP, vaccine should be given within 4 days of exposure to prevent infection
 - 5-14 days after exposure, may reduce symptoms
- As more vaccine available, may be able to offer vaccine to more people (not strictly known contacts)
- Most infections resolve without treatment but an investigational antiviral treatment is also available through a CDC protocol

Who is at risk of severe illness?

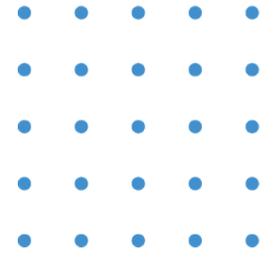
- **People with immunocompromise** (*e.g.*, due to HIV/AIDS, cancer, organ or stem cell transplantation, certain medications, autoimmune disease)
- **Children under 8 years of age**
- **Pregnant or breastfeeding women**
- **People with atopic dermatitis or other exfoliative skin conditions** (*e.g.*, eczema, burns, impetigo, varicella zoster virus infection, herpes simplex virus infection, severe acne, severe diaper rash, psoriasis)
- **People with one or more complications** (*e.g.*, secondary bacterial skin infection; gastroenteritis with severe nausea/vomiting, diarrhea, or dehydration; pneumonia; another concurrent disease or other medical condition)

What to do in quarantine or isolation?

- **Stay home except to get medical care; do not have visitors.**
- **Wear a mask** around others; have them consider masking too.
- **If you have sores or scabs, cover lesions** as much as possible.
- **Wear disposable gloves** if coming in contact with lesions and discard safely after use.
 - If gloves not available, wash hands or use hand sanitizer
- **Do not share bedding, towels, and clothing before washing** on warm setting; can add bleach but not necessary. Wash or sanitize hands after handling soiled laundry.
 - Do not shake soiled laundry as that may disperse infectious particles
- **Clean/disinfect contaminated surfaces.**
- **Your contacts should monitor** themselves for symptoms for 21 days and consider PEP if indicated.

Conclusions

- **Monkeypox does not spread easily** between people without close contact.
- Patients are most likely to present in outpatient setting for rash; some presentations atypical.
- May be challenging to differentiate between rash caused by monkeypox or by other diseases such as herpes, syphilis, and chickenpox.
- Many patients have **mild disease** and are making a **full recovery**.



What Can We Do About Monkeypox?

Dr. Eric Tang (he/him)

Chief (Acting), STD Control Branch

Echoes of AIDS epidemic...

- Current monkeypox outbreak in US and California disproportionately impacting self-identified gay and bisexual men

- **What's different:**

- We know more about monkeypox
- It does not cause chronic infection
- Cases have been mild and no deaths in outbreak
- We already have a test to detect the virus and have a vaccine (though both currently limited)
- We've learned from the AIDS epidemic on how to better address this outbreak



Mario Suriani/Associated Press

What CDPH is doing

- **Supporting Local Health Departments with Consultation, Guidance, and Resources**
 - Prevention (e.g., vaccination of exposed individuals)
 - Testing
 - Treatment (in certain cases)
 - Contact Tracing
- **Communication and Community Engagement**
 - Educating front-line healthcare workers
 - Educating the public with two-pronged approach:
 - Communication to general public
 - Getting the word out to affected communities

Communication and Community Engagement

- **General Public Education**
 - Non-stigmatizing language
 - Fact-based
 - Focus on exposures, rather than identities
- **Community Engagement**
 - Working with LGBTQ+ organizations to get the word out to impacted communities
 - Social media and “apps”

What CBOs serving the LGBTQ+ community can do

- Share information as trusted messengers
- Provide clear call to action
- Work with local health departments to direct community members to local healthcare providers who can coordinate testing

Key Messages

- 1. Don't panic**
- 2. Ask sex partners or people you live with about symptoms**
- 3. Notice if you develop symptoms**
 - If feeling sick or experience a new or unexplained rash, seek medical attention
 - Avoid sex or being intimate and take a break from going out to bars, gyms, clubs, and other events or gatherings until you are checked out
- 4. Stop the spread if you (or your partner) have monkeypox**
 - Avoid sex or being intimate with anyone until all sores have healed and a fresh layer of skin has formed
 - Work with public health to inform close contacts so they can get evaluation, testing, and care they need

Key Messages: Pride, Social Gatherings, Harm- Reduction

- **If feeling sick or have any rashes or sores, do not attend any gatherings, and seek medical attention**
- **Make informed choices about attending large events**
 - Harm-reduction messaging on how to lower chances of getting monkeypox during Pride events:
<https://www.cdc.gov/poxvirus/monkeypox/sexualhealth/social.html>
 - Event Organizer Letter Template:
<https://www.cdc.gov/poxvirus/monkeypox/pdf/Event-Organizer-Letter-Template.docx>.
- If an event, party, or venue is discovered to be where monkeypox was transmitted, getting the word out about what people who attended can do if develop symptoms and where they can get evaluated and tested



CDPH Flyer for Gay and Bisexual Men with QR Code

WHAT GAY & BISEXUAL MEN NEED TO KNOW ABOUT MONKEYPOX

Cases have been detected among gay and bisexual men but **not exclusively**

WHAT IS MONKEYPOX?

Monkeypox is a viral infection transmitted through close personal contact, including kissing, sex, and other skin-to-skin contact.

WHAT ARE THE SYMPTOMS?

KEY SYMPTOM
RASH, BUMPS, OR BLISTERS
These may appear anywhere on the body, including the genitals. This may look similar to syphilis, herpes, or other common skin rashes.

OTHER SYMPTOMS
FEVER & HEADACHES **MUSCLE ACHES** **SWOLLEN LYMPH NODES**

Symptom onset ranges from 5-21 days

WHAT YOU CAN DO

STAY INFORMED
Remain calm. This is a rapidly changing situation. Visit CDC or CDPH websites for up-to-date guidance.

CONTACT
If you have symptoms, call (do not visit) your health care provider, and ask about testing.

TAKE A BREAK
If you have symptoms, stay at home, wear a mask, and cover sores to protect others.

Updated: June 2022

STOP STIGMA

ANYONE CAN GET MONKEYPOX

Blaming any one community may harm public health efforts and cause providers to miss monkeypox in other people.

Get the latest updates & downloadable files from Gay Sexuality & Social Policy Initiative @ UCLA Luskin gaysexresearch.com



- Worked with Gay Sexuality and Social Policy Initiative of UCLA and LA LGBT Center to co-brand their materials
- Flyer was created by and for gay, bisexual, and transgender people who have sex with men



CDPH Social Media Ads for Gay and Bisexual Men

WHAT GAY & BISEXUAL MEN NEED TO KNOW ABOUT

MONKEYPOX

This information was created by and for gay, bisexual, and transgender people who have sex with men.

WHAT YOU CAN DO

-  **TAKE A BREAK**
Stay home, wear a mask and cover sores/rash if you have symptoms.
-  **CONTACT**
Call a health care provider if you have symptoms and ask about testing.
-  **STAY INFORMED**
Visit CDPH for updates and guidance: bit.ly/MonkeypoxQA

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Let's talk **MONKEYPOX**

Get informed to protect *our* community

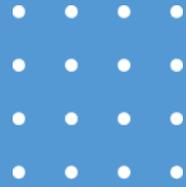
[LEARN MORE](#)



Let's talk **MONKEYPOX**



[LEARN MORE](#)



Building Healthy Online Communities (BHOC) Health Alert

<https://bhocpartners.org/sexual-health-info/stis/#toggle-id-16>

- Catered for gay, bi, and trans men who may be exposed through sex and intimate contact
- Available in English (<http://bit.ly/bhocmonkeypox>) & Spanish (<http://bit.ly/bhocmonkeypox-es>)
- Updated as situation evolves

Grindr Pop-Up:

G4E
GRINDR FOR EQUALITY

GET THE FACTS: MONKEYPOX

There is a small but ongoing outbreak of Monkeypox among gay & bi men. Our partners at Building Healthy Online Communities suggest we share this message with you:

Don't Panic. As of now, there are very few cases of Monkeypox, but knowing this information could help prevent you from getting or spreading the virus.

Monkeypox is spread through close contact, including through respiratory droplets (kissing, coughing, sneezing), skin to skin contact, or sharing things like bedding or towels.

If you or any recent partners (from the last 21 days) have unusual sores or a rash, go see a healthcare provider, and remind them that Monkeypox is circulating.

[Learn More](#)

Health Alert (May-June 2022): Monkeypox

Updated 6/10/2022

[En español](#)

Since May 14, 2022, monkeypox virus has been reported in several countries that don't normally have monkeypox, including in Europe, the U.K., and North America. As of now, the number of people who've tested positive for monkeypox is low but knowing this information can keep us all alert and aware of any unusual symptoms so we can prevent the spread.

Who is this impacting?

Monkeypox can affect anyone of any gender identity or sexual orientation. However, it's particularly impacting cis men who have sex with men and their sex partners.

At this time, there is no data on trans/non-binary people, but for those who may be in queer sexual networks, it's important to know this info as well.

What are the symptoms?

Symptoms can appear between 5 to 21 days after exposure, and can include:

- An **unusual rash or sores**, which **often start on the face or mouth** then spreads to other parts of the body, including your **genitals (dick, vulva, testicles) or butt**
- Fever
- Headache, muscle aches, and back ache
- Swollen lymph nodes, including in your throat, armpits, and groin
- Chills
- Exhaustion (fatigue)

The rash or sores typically come after the other symptoms listed above. Someone can be contagious as soon as any of the above symptoms start.

Symptoms can last up to 4 weeks with most people recovering from mild illness within that time. You may need to isolate for up to 21 days to prevent passing the virus on to others.

How is the virus spread?

- **Monkeypox is spread through close contact**, such as touching someone's rash or sores, and sharing bedding or towels, or through respiratory droplets (kissing, coughing, sneezing).
- **It can be spread during sex** since it may mean having **close contact with skin and spit** with those who may have a rash or

Printable CDC Resources:

May 2022

Monkeypox: Get the Facts

- Monkeypox is a rare disease caused by the monkeypox virus
- Monkeypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness
- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:
 - Direct contact with monkeypox rash, sores or scabs
 - Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox
 - Through respiratory droplets or oral fluids from a person with monkeypox
- This contact can happen during intimate sexual contact including:
 - Oral, anal, and vaginal sex or touching the genitals or anus of a person with monkeypox
 - Hugging, massage, or kissing and talking closely
 - Touching fabrics and objects during sex that were used by a person with monkeypox, such as bedding, towels and sex toys
- We know the virus can be spread in fluid or pus from monkeypox sores, and are trying to better understand if the virus could be present in semen, vaginal fluids or other body fluids



What Are the Symptoms?

- Early flu-like symptoms of monkeypox can include:
 - Fever
 - Headache
 - Muscle aches and backache
 - Swollen lymph nodes
 - Chills
 - Exhaustion
- A rash or sores, sometimes located on or near the genitals or anus, but sometimes in other areas like the hands, feet, chest or face – sores will go through several stages before healing
- Sores may be inside the body, including the mouth, vagina, or anus
- Some people experience a rash or sores first, followed by other symptoms and some only experience a rash or sores
- Monkeypox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed – this can take several weeks



If You Have a New or Unexplained Rash, Sores, or Other Symptoms...

- See your healthcare provider – if you don't have a provider or health insurance, visit a public health clinic near you
- When you see a healthcare provider for possible monkeypox, remind them that this virus is circulating in the community
- Avoid sex or being intimate with anyone until you have been checked out



If You or Your Partner Have Monkeypox...

- Follow the treatment and prevention recommendations of your healthcare provider
- Avoid sex or being intimate with anyone until all your sores have healed and you have a fresh layer of skin formed.



For more information, please visit www.cdc.gov/monkeypox

Monkeypox: Get the Facts Flyer:
<https://www.cdc.gov/poxvirus/monkeypox/pdf/MonkeyPox-sexually-active-InfoSheet-508.pdf>

June 2022

Social Gatherings, Safer Sex and Monkeypox

Monkeypox is a disease caused by a virus not commonly seen in the United States. While we work to contain the current outbreak and study the virus, we want you to have information so you can make informed choices when you are in spaces or situations where monkeypox could be spread through close, intimate contact or during sex. There is a lot we still need to learn about monkeypox, and we will update this information as we learn more on www.cdc.gov/monkeypox.

What is monkeypox?

Monkeypox is a disease that can make you sick, including a rash, which may look like pimples or blisters, often with an earlier flu-like illness. Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:

- Direct contact with monkeypox rash, sores, or scabs from a person with monkeypox. We believe this is currently the most common way that monkeypox is spreading in the U.S.
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions, through kissing and other face-to-face contact.

This contact can happen when you have sex including:

- Oral, anal, and vaginal sex or touching the genitals (penis, testicles, labia, and vagina) or anus (butt) of a person with monkeypox.
- Hugging, massage, and kissing.
- 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.

What are the symptoms of monkeypox?

- Monkeypox symptoms usually start within 2 weeks of exposure to the virus.
 - The first symptoms might be like the flu, such as fever, headache, muscle aches and backache, swollen lymph nodes, chills, or exhaustion.
 - Within 1-3 days of these symptoms beginning, people develop a rash or sores.
- The rash or sores may be located on or near the genitals or anus but could also be on other areas like the hands, feet, chest, or face.
 - The sores will go through several stages, including scabs, before healing.
 - The sores can look like pimples or blisters and may be painful or itchy.
 - Sores may be inside the body, including the mouth, vagina, or anus.



You may experience all or only a few of these symptoms. Most people with monkeypox will get the rash or sores. Some people have reported developing the rash or sores before (or without) the flu-like symptoms.

Monkeypox can be spread from the time symptoms start until all sores, including scabs, have healed and a fresh layer of skin has formed. This can take several weeks.



Social Gatherings, Safer Sex, and Monkeypox Fact Sheet:
https://www.cdc.gov/poxvirus/monkeypox/pdf/MPX_Social_Gatherings_Safer_Sex-508.pdf

Summer 2022 Health Tips for Gay and Bisexual Men

As you celebrate Pride and other events this summer, get a few tips to stay safe and healthy at www.cdc.gov/msmhealth/summerhealthtips.



Scan This Code on Your Smartphone



Summer 2022 Health Tips for Gay and Bi Men:
Palm Card with QR Code linking to information on monkeypox, meningococcal disease, HIV, STIs, and COVID:
https://www.cdc.gov/poxvirus/monkeypox/pdf/Summer2022_palmcard-508.pdf

Other Tools and Resources

- **Interpride: Monkeypox & Pride: Know Before You Go -- Recorded Webinar:**
<https://medium.com/interpride/monkeypox-pride-know-before-you-go-7ea091bc2400>
- **CDC Monkeypox Information and Resources:**
<https://www.cdc.gov/poxvirus/monkeypox/index.html>
 - Health Alert Update 6/14/22: <https://emergency.cdc.gov/han/2022/han00468.asp>
- **CDPH Monkeypox Information and Resources:**
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx>
- **Local Health Department Services/Offices:**
<https://www.cdph.ca.gov/Pages/LocalHealthServicesAndOffices.aspx>

Please enter
questions into
the Zoom Q&A
Feature



THANK YOU

FOR ALL YOU DO TO PROTECT THE HEALTH
OF LGBTQ+ CALIFORNIANS

