

What is monkeypox?

Monkeypox is a virus in the same family as the variola virus, the virus that causes smallpox. Its symptoms are similar to smallpox, but monkeypox is less severe and rarely fatal. More information is available from the CDC.

What are the symptoms of monkeypox?

Signs or symptoms consistent with monkeypox can include fever, chills, fatigue, headache, sore throat, nasal congestion, muscles aches/backache, swollen nodes and a rash that may be painful or itchy. Within one to three days after the appearance of fever, a rash will develop, often beginning on the face and then spreading to other parts of the body. The rash will eventually dry up and fall off. Symptoms typically last two to four weeks. It usually takes seven to 14 days from the time of infection for a person to start feeling symptoms of the disease, but the incubation period can also range from five to 21 days.

Who is at risk for monkeypox?

The CDC says that most people with monkeypox in the current global outbreak generally report having close, sustained physical contact with other people who have monkeypox. Anyone who has been in close contact with someone who has monkeypox can contract it and should therefore take steps to protect themselves.

How is monkeypox spread?

According to the CDC, monkeypox can spread to anyone through close, personal, often skin- to-skin contact, including:

Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox. Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox. Contact with respiratory secretions. People who do not have monkeypox symptoms cannot spread the virus to others.

How dangerous is monkeypox?

Monkeypox has a very low mortality rate for most people, according to the CDC. Infections of monkeypox are rarely fatal. Although symptoms can be painful and permanent scarring may result from the rash, over 99% of people who get this form of the disease are likely to survive.

How is monkeypox diagnosed?

Monkeypox is diagnosed using a blood test or a sample taken from infected lesions. These tests are performed at the Siouxland District Health Office.

Testing is available in Sioux City at the Siouxland District Health Department. You can contact them Monday-Friday from 8:00 – 4:30 at (712) 279-6119 or <https://www.siouxlanddistricthealth.org/disease-prevention/monkeypox-vaccine-eligibility>

Please remain at home and call Human Resources for guidance. (712) 274-5114.

Can I get the vaccine for monkeypox?

Anyone who would like to seek vaccination or believe you are at risk for monkeypox, should call Siouxland District Health, Monday-Friday from 8:00 – 4:30 at (712) 279-6119.

Additionally, a limited supply of monkeypox vaccine is available for those who meet the criteria for eligibility. Please us this link to see if you qualify:

<https://www.siouxlanddistricthealth.org/disease-prevention/monkeypox-vaccine-eligibility>

How can the spread of monkeypox be prevented?

The CDC offers these prevention tips:

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox. not touch the rash or scabs of a person with monkeypox.
- Do not kiss, hug, cuddle or engage in sexual activity with someone who has monkeypox.
- Avoid contact with objects and materials that a person with monkeypox has used.
- Do not share eating utensils or cups with a person with monkeypox
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.
- The CDC's suggestions for safer sex and social gathering practices may be found here.

What should I do if I think I might have monkeypox?

Employees who believe they might have monkeypox **should isolate, stay at their residence, and call Human Resources** at 712-274-5114 or call Siouxland District Health, Monday-Friday from 8:00 – 4:30 at (712) 279-6119, **for evaluation and instruction.**

Monkeypox Testing Information:

Any employee who is experiencing monkeypox symptoms or believes they may have been exposed to someone with monkeypox should quarantine in place and call Human Resources at 712-274-5114 or call Siouxland District Health, Monday-Friday from 8:00 – 4:30 at (712) 279-6119. After hours, please remain in your residence until you can connect with either Human Resources or Siouxland District Health.

Morningside's protocol for monkeypox emphasizes the health and safety of affected employees as well as the campus community. We will work closely with individuals who test positive to provide appropriate support. Please note that as more information about monkeypox becomes available, Morningside University's protocol is subject to change.

Questions about Morningside's protocol for monkeypox may be directed to welp@morningside.edu

Where can I get tested for monkeypox?

Locally, tests are performed Siouxland District Health, Monday-Friday from 8:00 – 4:30 at (712) 279-6119 or <https://www.siouxlanddistricthealth.org/disease-prevention/monkeypox-vaccine-eligibility>

How long does it take to get test results?

Monkeypox testing availability is relatively limited, and results may take between two days and two weeks

What should I do while waiting for test results?

Employees tested for monkeypox are required to quarantine from all other members of the campus community while awaiting test results.

Employees awaiting test results should not come to work. Working remotely during this time period should be determined by your supervisor.

What if my test result is negative?

If the test is negative, you may return to campus and resume normal activities.

What if my test result is positive?

If the test is positive, the employee should isolate according to CDC guidelines at their permanent residence or at a location off-campus. The isolation period is determined by current CDC guidance and at present can last more than one month after the positive test result is received. Working remotely during this time period will be determined by your supervisor.

What do I do when my monkeypox isolation has ended?

A person is no longer infectious with monkeypox when all lesions are healed, scabs have fallen off, and new skin has developed. Siouxland District Health Department or Iowa Department of Public Health will issue a release of isolation order when isolation can end. This release should be given to the Human Resource Office prior to returning to the job.