

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 your residence and call Student Health for guidance. (712) 274-5178.

Can I get the vaccine for monkeypox?

Anyone who would like to seek vaccination or believe you are at risk for monkeypox, 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 use 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. Do 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?

Students who believe they might have monkeypox should isolate, stay at their residence, and call Student Health at 712-274-5178 for evaluation and instruction.

Monkeypox Testing Information:

Any student who is experiencing monkeypox symptoms or believes they may have been exposed to someone with monkeypox should quarantine in place and call Student Health at 712-274-5178. (Monday-Thursday 7:30-1:30 or Friday 7:30-11:30) 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 St. Health or Siouxland District Health.

A staff member will take their information and determine if testing is needed. Morningside's protocol for monkeypox emphasizes the health and safety of affected students as well as the campus community. We will work closely with individual students 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 studenthealth@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?

Students tested for monkeypox are required to quarantine from all other members of the campus community while awaiting test results. Quarantine may take place in the student's permanent home residence, off-campus residence or in space reserved by Morningside.

If a student resides on campus, they should return directly to their room and receive instruction on proper handling of used linens, laundry, and other personal items. The student will pack all personal belongings that may be needed for the full period of quarantine, which may be up to two weeks. A stipend for food will be provided. Morningside University is unable to provide transportation of the designated of campus site. While they await test results, students should follow CDC guidance. They may leave quarantine only for short walks outdoors. No guests will be permitted in quarantine spaces.

After an on-campus student enters quarantine, a deep cleaning of their room as well as communal areas and bathrooms will be performed. Roommates must vacate the room while the room is being cleaned.

Students who live off campus and need monkeypox testing should inform Morningside Student Health at 712-274-5178, and follow CDC guidance regarding cleaning and isolation. Please note that the Morningside University is unable to provide quarantine housing, transportation, and food for off-campus students. Contact tracing of individuals who are close contacts will be conducted by Siouxland District Health.

Students awaiting test results may not attend class. Student Health will inform the Dean of Students that the student will be unable to attend classes for indefinite period. The student should contact their professors, who will work with them to help ensure their continued academic progress while they await test results.

What if my test result is negative?

If the test is negative, Student Health will release the student from quarantine. They may return to campus and resume normal activities.

What if my test result is positive?

If the test is positive, the student 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. Students who believe that extenuating circumstances may prevent them from returning to their permanent residence should contact Morningside Student Health.

As is the case with many other medical or personal circumstances that necessitate an extended absence, the student's associate academic dean will assist with the best course of action.

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.

To receive permission to return to campus, students must be cleared by Student Health or a release of isolation letter from SDHD or IDPH.