



Emergency Medical Services Agency

Bulletin 2022-04

August 3, 2022

URGENT

PLEASE POST

PREPARING FOR AND RESPONDING TO KNOWN OR SUSPECTED MONKEYPOX PATIENTS

On August 1st, 2022, Governor Gavin Newsom issued a State of Emergency in support of State preparation and response to the Monkeypox outbreak. This bulletin provides information for Emergency Medical Services (EMS) personnel including guidance and PPE requirements for EMS field personnel responding to emergencies involving the Monkeypox virus. The SLO County EMS Agency will provide updates as they become available. This bulletin covers the following areas:

- General information and current areas of infection in the State of California
- Signs and Symptoms
- Use of PPE
- Guidelines for EMS Personnel with Potential Exposure

General Information

Human Monkeypox (MPX) is a virus belonging to the same family as smallpox with generally less severe symptoms. The spread of this virus began in central/western Africa and has been detected globally. As of 08/02/2022, there have been 1,135 confirmed cases in the State of California, mostly occurring in the Los Angeles and San Francisco areas. There have so far been no confirmed cases of the Monkeypox virus in San Luis Obispo County or Santa Barbara County. There have been a small number of confirmed cases in Monterey County and Kern County.

Signs and Symptoms

Signs and symptoms for Monkeypox include:

- Rash that can contain pustules in varying states of healing located around different parts of the body. Lesions can also be found on the tongue and mouth.
- Fever above 100.4 degrees Fahrenheit

- Headache
- Muscle/Back Aches
- Swollen Lymph Nodes
- Chills
- Exhaustion
- Respiratory Symptoms (Cough, nasal congestions, sore throat, etc.)

Transmission:

The Monkeypox virus is most commonly transmitted through direct contact or touch. This includes exposure to any site on the body with rash, scabs, or bodily fluids. Surfaces (which include bedding and fabrics) that the infected patients have interacted with can also have traces of the virus. Any pets or other animals that reside in the house of the infected patient can also become infected and can spread the virus to personnel if the animals interact with healthcare providers. Transmission via respiratory secretions can also occur through methods such as coughing or sneezing while in close contact (within 6 feet).

Patients are considered infectious for approximately two weeks following the onset of symptoms. The rash in any stage of its existence is considered contagious. Once the rash and pustules have scabbed over and all the scabs have fallen off with no other symptoms, the patient is no longer considered contagious and can consult the SLO County Public Health Department as to their isolation status.

Personal Protective Equipment/Body Substance Isolation

Due to the virus' ability to spread through direct or close contact, **full PPE precautions are necessary in order to limit the possibility of exposure.** Full PPE precautions include:

- Face Shield/Goggles
- N-95 or P-100
- Full Gown
- Disposable Gloves

When responding to calls, possible conditions that would meet criteria for full PPE would be:

- New onset rash to multiple sites on the body
- Flu like symptoms in the presence of a rash
- Pain or itching in the presence of flu like symptoms
- Any patient that states they have had contact with someone infected with and/or suspected to be infected with monkeypox

For cleaning surfaces that have come in contact with patients suspected of the Monkeypox virus, a cleaning agent rated for EVP (Emerging Viral Pathogen) or an EPA-Registered Disinfectant can be used. An example of this is Cavicide-1 or Cavicide-Bleach.

For a full list of EPA-Registered disinfectant agents, you can visit <https://www.epa.gov/pesticide-registration/disinfectants-emerging-viral-pathogens-evps-list-q>.

Handwashing or use of an alcohol-based hand rub is also necessary following any interaction with an infected patient or handling of infected objects/surfaces.

Guidelines for EMS Personnel with Potential Exposure

- If any EMS Personnel are exposed (have been in close contact to someone infected with either no PPE or only partial PPE) to the Monkeypox virus, they may still work but are required to self-assess for the presence of any flu like symptoms or sudden rash within a 21 day period. Temperatures should be taken twice a day at minimum to detect fever.
- **If personnel develop a rash or lesions and experience an acute onset of flu like symptoms, personnel are to isolate immediately and contact their healthcare provider for medical evaluation. Following medical evaluation, contact the San Luis Obispo County Public Health Department to inform them of infection. Isolation will last a minimum of 14 days or until all scabs from the rash have fallen off and the provider is free of any rash or flu like symptoms. SLO Public Health Department can be reached at (805) 788-5500**
- Healthcare workers who have cared for or otherwise been in direct or indirect contact with monkeypox patients while adhering to full PPE precautions are not required to monitor if the provider is free of symptoms.

For any further information or questions regarding this bulletin, please:

- Contact the San Luis Obispo County Emergency Medical Services Agency at 805-788-2519.
- Visit the SLOEMSA website at <https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/Emergency-Medical-Services.aspx>
- Visit the SLO Public Health Dept page at <https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health.aspx>
- Updated California statistics and information can be found via CDPH at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx>
- Updated information will continue to be posted via CDC at <https://www.cdc.gov/poxvirus/monkeypox/index.html>.