

August 3, 2022

Dear Garrett County Healthcare Provider,

Monkeypox (MPX) cases are on the rise in the USA, and Maryland is no exception. As of August 2, 2022, Maryland has 149 confirmed cases of MPX.

MPX is spread through the following means:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox
- Prolonged face-to-face exposure to respiratory secretions
- Direct contact with contaminated items (bedding, clothing, other surfaces)
- Trans placentally from mother to fetus

Anyone can be infected with MPX, and we need to remain alert to the possibility of a case presenting in Western Maryland.

Presenting signs and symptoms include the following and can occur up to 21 days after the last exposure:

Symptoms* of concern include:

- Fever $\geq 100.4^{\circ}\text{F}$ (38°C)
 - Chills
 - New lymphadenopathy (periauricular, axillary, cervical, or inguinal)
 - New skin rash, the lesions of which are characteristically painful
- *Fever and rash occur in nearly all people infected with monkeypox virus.*

Testing can be done through commercial labs (who bill insurance or the patient) as well as through the Maryland State Public Health Lab (for free).

The main purpose of this letter is to ask for you to keep MPX in your differential diagnosis for individuals with the above-mentioned symptoms AND to **inform the Local Health Department (LHD) that you have tested someone for MPX** (if sending to a commercial lab). The Local Health Department is prepared to initiate contact tracing. If you would like to send a sample through the State Public Health



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TDD for Disabled Maryland Relay Service 1-800-735-2258
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Lab, the LHD needs to assist/coordinate. If your contracted commercial lab is not doing MPX testing, the LHDs can assist with shipping the sample to the State Public Health Lab.

In addition, it is important for you to know that Allegany and Garrett County Health Departments are each receiving 20 doses of the Jynneos vaccine (for 10 total courses) on August 4, 2022. These vaccines are to be used as first and second doses for post exposure prophylaxis. It is recommended that high risk close contacts to a case with MPX receive the vaccine as soon as possible, ideally within 4 days of exposure, but administration can occur up to 14 days after exposure. Contact the Local Health Department for assistance if your patient is in need of a vaccine. Allocations of vaccine are expected to increase based on need and availability.

If you initiate testing, or need to request a vaccine contact us at the numbers below.

In **Garrett County**, please contact:

Mon-Fri business hours: 301-334-7770 or fax 301-334-7771

After hours: Leave a message at the same number above.

Helpful links for more information about MPX below:

U.S. Map and Case Count

<https://www.cdc.gov/poxvirus/monkeypox/response/2022/us-map.html>

Infection Prevention and Control of MPX in Healthcare Settings

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-healthcare.html>

Isolation and Infection Control in the Home

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html>

Isolation and Prevention Practices for People with Monkeypox

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/isolation-procedures.html>

Donning and Doffing PPE

<https://www.cdc.gov/hai/pdfs/ppe/PPE-Sequence.pdf>

Monitoring People Who Have Been Exposed

<https://www.cdc.gov/poxvirus/monkeypox/clinicians/monitoring.html>

Update for Clinicians on PMX in People with HIV, Children and Adolescents, and People who are Pregnant or Breastfeeding

<https://emergency.cdc.gov/han/2022/han00472.asp#:~:text=Monkeypox%20virus%20can%20spread%20to,and%20other%20close%20contact%20settings>

Sincerely,



Jennifer Corder, M.D.

Garrett and Allegany County Deputy Health Officer

