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Informational Bulletin from OMH Chief Medical Officer

Monkeypox (Orthopoxvirus) in New York State

August 2, 2022

As of August 1, 2022, over 1,500 cases of monkeypox (MPX) have been confirmed in New York State.¹

MPX is a rare viral infection that generally causes mild, limited diseases, but sometimes can cause hospitalization and death.

- Symptoms start within 2-3 weeks of exposure and can last 2-4 weeks.²
- Serious symptoms can include flu-like symptoms such as fever, headache, muscles aches, chills, and fatigue.
- Individuals can also experience rashes, bumps, and/or blisters around the genitals, anus, mouth, feet, chest, face, or other areas. These can be extremely itchy or painful.
- Flu-like symptoms may occur before, during, or after the rash, or not at all.
- Complications include inflammation of the lining of the rectum and/or scarring of the eye, mouth, anus, and/or urethra.

MPX is generally spread by direct skin contact (e.g., kissing, hugging, cuddling, massaging), oral/anal/vaginal sexual intercourse, contact with bodily fluids (e.g., saliva, semen, vaginal fluids, feces), and contact with clothing or bedding soiled with bodily fluids. Unlike COVID-19, monkeypox is not generally spread through respiratory droplets, however, it is possible to contract monkeypox through respiratory secretions during face-to-face contact, or during intimate physical contact.

A vaccine (JYNNEOS™) is available for monkeypox for individuals 18 and over who were recently exposed. The vaccine is given in 2 doses, 4 weeks apart. Residential or ambulatory programs with clients that report possible exposure or begin to show symptoms should immediately contact their local health department and the patient's primary care doctor for guidance and testing.

Ambulatory, residential, and inpatient mental health programs treating patients showing symptoms of MPX should immediately adopt precautions. You can find guidance from the NYS Department of Health for congregate and other programs here:

<https://health.ny.gov/diseases/communicable/zoonoses/monkeypox/providers/>

¹ NYS Department of Health. Monkeypox. <https://health.ny.gov/diseases/communicable/zoonoses/monkeypox/>. Accessed August 2, 2022.

² NYC Department of Health and Mental Hygiene. Monkeypox (Orthopoxvirus). <https://www1.nyc.gov/site/doh/health/health-topics/monkeypox.page>. Accessed July 19, 2022 (reference applicable to whole list).