



Monkeypox Fact Sheet for Settings that Serve Adolescents

What are the signs and symptoms of monkeypox?

Monkeypox disease is a serious illness that can look like many other diseases. Monkeypox may not always appear the same way (especially in those who have weak immune systems) and could be confused with illnesses like chickenpox or cold sores.

- ✓ People sick with monkeypox can have fever, headache, muscle aches, backache, swollen lymph nodes, chills, and/or exhaustion.
- ✓ After they start to feel sick, a rash almost always develops, usually within 1-2 days. Some people may develop a rash first, while others only have a rash.
- ✓ The spots from the rash typically form at the same time and grow together. The rash may appear on the face, inside the mouth, and/or on other parts of the body.
- ✓ The rash goes through different stages ending with scabbing and crusting. It is fully healed when a fresh layer of skin is formed. The entire illness course typically lasts 2-4 weeks.

How is monkeypox virus spread?

- ✓ Through close, sustained, personal contact with a person with monkeypox, particularly skin-to-skin contact. This can happen during activities like hugging and contact sports.
- ✓ Though anyone can get monkeypox virus, very few cases of monkeypox in Texas are reported among adolescents (<18 years of age). Most monkeypox cases are related to sexual contact among men who have sex with men, but any kind of sexual contact with a person infected with monkeypox can be an exposure.
- ✓ Direct contact with monkeypox rash, scabs, or body fluids (including respiratory fluids) from a person with monkeypox.
- ✓ Touching objects, surfaces or fabrics recently used by someone with monkeypox.
- ✓ Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.

What should you do if you think a student at your facility was exposed to monkeypox virus or is sick with monkeypox?

If the student has exposure without being sick:

- ✓ The student may still attend school if no symptoms are present.
- ✓ Contact the student's parents/guardians to recommend they speak to their healthcare provider and monitor the student for monkeypox symptoms for 21 days from last exposure.
- ✓ Offer to take the student's temperature daily if a reliable thermometer is not available at home. If using an oral thermometer, it should only be used by the student being monitored for monkeypox.

If the student has symptoms of monkeypox:

- ✓ Wear disposable gloves, a gown, eye protection, and a face mask while evaluating a student with symptoms.
- ✓ Send the student home from school immediately. If the student cannot go home immediately, they must cover any rash with long sleeves or bandages and wear a well-fitting face mask. Keep the student away from others in a private space, like an office.
- ✓ Contact parents/guardians to recommend the student refrains from unnecessary contact with others until they are seen by their healthcare provider.



- ✓ Share monkeypox educational material with parents and facility staff, and initiate cleaning procedures (see "Further Resources").
- ✓ Contact your local or regional health department if you have any questions on how to proceed (see "Further Resources").

Can a student or adult staff member spread monkeypox to others?

Yes, if there is close, sustained contact between a person with monkeypox and another person. Safety measures and quickly responding to a person sick with monkeypox can prevent spread.

How should a possible case of monkeypox be reported to public health authorities?

Contact your local health department (see "Further Resources") to share all known information on suspected or known monkeypox cases at your facility. Texas state law (TAC Chapter §97.2 and §97.3) requires that school staff report outbreaks or unusual diseases, such as monkeypox, to public health quickly.

Should a student with known or suspected monkeypox disease be excluded from your facility?

Texas state law (TAC Chapter §97.7) allows school administrators to exclude students with skin infections, like a monkeypox rash, from school. In consultation with the local health department, the student can return when a health professional has ensured the student is no longer infectious (when scabs are fully healed and have a new layer of skin over them) and/or does not pose a health risk to others.

Should your facility close if a student or adult staff member has known or suspected monkeypox?

No, a facility closure is not mandatory. However, you should consult with your local health department (see "Further Resources") on cleaning and disinfection and communicate with students, parents, and school staff. The health department might have additional information or recommendations for your facility.

What are the correct cleaning and disinfection procedures in response to a known or suspected monkeypox case in your facility?

Wear disposable gloves and a well-fitting face mask while cleaning possibly infected areas. Use an EPA-registered disinfectant to clean high-touch surfaces and items, and any areas where the person has spent time in your facility. Handle any fabric items (e.g., clothes, linens, and towels) the sick person might have used carefully, making sure you do not shake them or keep them around other items. Wash the fabric items on their own with detergent and according to label instructions.

Avoid activities that could spread dried material from lesions (e.g., use of fans, dry dusting, sweeping, or vacuuming) in these areas. Perform hand hygiene frequently using an alcohol-based hand rub (ABHR) that contains at least 60% alcohol. Soap and water can also be used to wash hands if ABHR is unavailable.

How can you prevent monkeypox virus spread in your facility?

Facilities should follow their usual operational guidance meant to reduce the transmission of infectious diseases. This includes students, staff, and volunteers staying home when sick, ensuring access to adequate handwashing supplies (including soap and water), routine cleaning



and disinfection practices, identifying private spaces for assessment of an ill student away from others, and providing personal protective equipment for staff who care for students with infectious diseases. Wear gloves, eye protection, a gown, and a mask when handling potentially contaminated laundry and while cleaning contaminated areas.

Further Resources:

Find your local health department contact:

<https://dshs.texas.gov/idcu/investigation/conditions/contacts/>

DSHS information on monkeypox: <https://www.dshs.state.tx.us/IDCU/disease/monkeypox/>

CDC information for settings serving children or adolescents:

<https://www.cdc.gov/poxvirus/monkeypox/schools/faq.html>

EPA disinfectants for emerging viral pathogens: <https://www.epa.gov/pesticide-registration/disinfectants-emerging-viral-pathogens-evps-list-q>