Monkeypox: A Public Health Emergency

Aug. 10, 2022
Agenda

• What is monkeypox?
• Monkeypox in Contra Costa County
• Outreach efforts
• Messaging and Stigma
• Discussion
A Global Health Emergency

• **July 25**
  • World Health Organization declares Public Health Emergency of International Concern

• **Aug. 1**
  • California declares a state of emergency

• **Aug. 4**
  • U.S. Department of Health and Human Services declares a Public Health Emergency in the United States
What is Monkeypox?

• Same family of viruses as smallpox
• Virus is spreading from person to person primarily through skin-to-skin contact
• Current variant causes less severe disease than other strains
• Most people recover at home
Symptoms

- Usually begin within 2 weeks of exposure
- Rash or sores that can look like pimples or blisters (similar to herpes)
- Someone is still contagious until all symptoms are gone
How does it spread?

Primary Mode of Transmission

- Through direct **skin-to-skin contact** with an infected rash
  - Anyone can get it
  - Not considered a sexually transmitted disease but spreads through sexual contact

Secondary Modes of Transmission

- Sharing bedding, towels or clothes
  - Can survive on these items up to 15 days
  - Crowded spaces where skin-to-skin contact happens

*The monkeypox strain circulating in the U.S. does not usually spread through the air.*
How to Prevent Infection & Spread

• Get vaccinated!
• Consider fewer sexual partners until after vaccination
• Avoid sex or intimate skin-to-skin contact with anyone who feels unwell
• Do not share towels, clothing, toothbrushes and other personal items
Case Data

- More than 9,400 confirmed cases in the United States (as of Aug. 9)
- 1,733 confirmed and probable cases in CA (as of Aug. 9)
- 33 confirmed/probable cases in Contra Costa and another 15 suspected (as of Aug. 10)
  - Case numbers still small, but growing
# California Demographics

*Data as of 8/9/22*

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Percent*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>1,688</td>
<td>98.3</td>
</tr>
<tr>
<td>Transgender Male</td>
<td>7</td>
<td>0.4</td>
</tr>
<tr>
<td>Female</td>
<td>11</td>
<td>0.6</td>
</tr>
<tr>
<td>Transgender Female</td>
<td>5</td>
<td>0.3</td>
</tr>
<tr>
<td>Genderqueer/Non-Binary</td>
<td>6</td>
<td>0.3</td>
</tr>
<tr>
<td>Missing/Unknown</td>
<td>16</td>
<td>--</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>N</th>
<th>Percent*</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>616</td>
<td>40.1</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>572</td>
<td>37.3</td>
</tr>
<tr>
<td>Black or African American</td>
<td>177</td>
<td>11.5</td>
</tr>
<tr>
<td>Asian</td>
<td>97</td>
<td>6.3</td>
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<tr>
<td>Other/Multiple Races</td>
<td>73</td>
<td>4.8</td>
</tr>
<tr>
<td>Missing/Unknown</td>
<td>198</td>
<td>--</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sexual Orientation</th>
<th>N</th>
<th>Percent*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gay, lesbian or same-gender loving</td>
<td>1,120</td>
<td>89.0</td>
</tr>
<tr>
<td>Bisexual</td>
<td>89</td>
<td>7.1</td>
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<tr>
<td>Heterosexual or straight</td>
<td>40</td>
<td>3.2</td>
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<tr>
<td>Other</td>
<td>10</td>
<td>0.8</td>
</tr>
<tr>
<td>Missing/Unknown</td>
<td>474</td>
<td>--</td>
</tr>
</tbody>
</table>

*Among cases with available data*
Testing, Treatment and Symptoms

• Go to your regular healthcare provider
• Testing turnaround time is about 5 days
• Patients should isolate at home until they get test results
• There is no FDA-approved treatment
• Tecovirimat (TPOXX) may be made available but requires special authorization from the CDC
• Medications are available for symptom management
Vaccine

• Can be given pre-exposure or up to 4 days after exposure to adults
• One dose is very effective. Full series is considered 2 doses.
• Not effective after symptoms begin
• Go online to cchealth.org
Prioritizing Vaccine

• Gay, bisexual, and other men or trans people who have sex with men, who have had more than 1 sexual partner in the past 14 days
• Sex workers of any sexual orientation or gender identity
• Persons who had close contact within the past 14 days with someone with suspected or confirmed monkeypox
• Persons who had close contact with others at a venue or event or within a social group in the past 14 days
Avoiding Stigma

• Committed to providing services and information without stigmatizing
• ANYONE can get monkeypox but not everyone is at equal risk
• It is not “a gay disease”
• Focus is on educating and informing those at higher risk for exposure
Outreach So Far

- Rainbow Community Center and Club 1220
- Paid ads on dating/hookup apps
- Webpage and an online appointment-request form
- Health advisories sent to providers
- Engaging CBOs
Future Listening Session From CDPH

- The California Department of Public Health listening session for Northern California
  - Aug. 16, 10-11:30am

- Agenda
  - Current status
  - What the state is doing
  - Q & A/listening session
  - Register for session here: https://us06web.zoom.us/webinar/register/WN_was_0m3KS4qfO6J Dy7HSkA [us06web.zoom.us]
JamBoard

• Looking for your ideas
  • Trusted messengers
  • Host and organize a mobile vaccination clinic
  • Digital toolkit
THANK YOU

CONTRA COSTA HEALTH SERVICES