



## Monkeypox (MPX): Information for Employees

**Last Updated: August 19, 2022**

In an effort to provide information and address concerns for County employees, OHR's Occupational Medical Services (OMS) in collaboration with the County Department of Health and Human Services (DHHS) epidemiology team would like employees to be aware of the following information and resources related to the monkeypox virus (MPX).

This is a developing situation, and OMS will continue to work with these county agencies as well as the Maryland Department of Health (MDH), and the Centers for Disease Control and Prevention (CDC) to provide additional updates as they become available and/or as needed.

### Q: What is monkeypox (MPX)?

MPX is a rare disease caused by infection with the monkeypox virus. The virus is part of the same family of viruses as variola virus, the virus that causes smallpox. MPX symptoms are similar to smallpox symptoms, but milder. Infections with the type of MPX virus identified in this U.S. outbreak are rarely fatal. Over 99% of people who get this form of the disease are likely to survive.

### Q: Where can I learn more about MPX?

Here are some informational resources:

- [Montgomery County DHHS MPX Page](#)
- [MDH MPX Resources](#)
- [CDC MPX FAQs](#)
- [More CDC Resources Related to MPX](#)

### Q: What should I do if I think I may be sick with MPX?

Employees who think they have MPX or have had close personal contact with someone who has MPX should visit a healthcare provider to help them decide if they need to be tested. If a healthcare provider decides that you should be tested, they will work with you to collect the specimens and send them to a laboratory for testing.

Also, MDH recommends anyone sick with MPX to follow CDC guidance on how to [isolate](#) and [disinfect](#) at home to avoid exposing others.

### Q: If I am diagnosed with MPX, do I need to report it to OMS?

At this time there is no need to report a MPX incident to OMS; however, employees should contact the own healthcare provider.

### **Q: What are the symptoms of MPX?**

Symptoms of MPX can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Respiratory symptoms (e.g., sore throat, nasal congestion, or cough)
- A rash that can look like pimples or blisters

### **Q: What can I do to avoid MPX?**

- Avoid close, skin-to-skin contact with people who have a rash that looks like MPX.
- Avoid contact with objects and materials that a person with MPX has used.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.