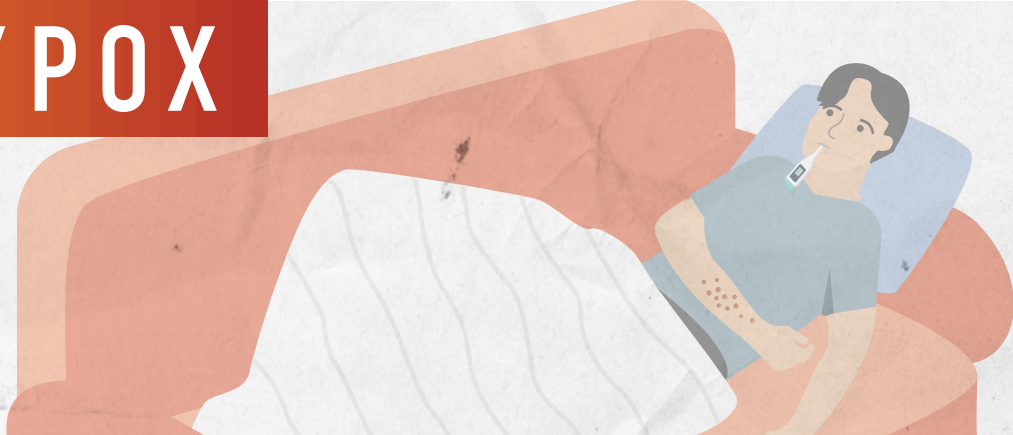


MONKEYPOX

If You Have Monkeypox: Self Care



Taking Care of Yourself



- Use gauze or bandages to cover the rash to limit spread to others and to the environment.
- Don't lance (pop) or scratch lesions from the rash.
- Do not shave the area with the rash until the scabs have fallen off and a new layer of skin has formed.
- Keep skin lesions/rash clean and dry when not showering or bathing.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.
- If you have rash on your hands, be careful when washing or using sanitizer so as not to irritate the rash.
- If you have rash on your hands, wear gloves that are non-irritating when handling common objects or touching surfaces in shared spaces. If you can, use disposable gloves that can be discarded after each use. Reusable gloves should be washed with soap and water between use.
- Wear a well-fitting mask around other people until the rash and all other symptoms have resolved.
- Eat healthy and get plenty of rest to allow your body to heal.



Managing Your Pain Symptoms



- Medicines like ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) can help you feel better. Your healthcare provider may prescribe stronger pain relievers.
- For rash in the mouth, rinse with salt water at least four times a day. Prescription mouthwashes, or local anesthetics like viscous lidocaine can be used to manage pain. Oral antiseptics like chlorhexidine mouthwash can be used to help keep the mouth clean.
- Contact your healthcare provider if pain becomes severe and unmanageable at home.

Rash Relief

- The most important thing is to try to not touch or scratch the rash. This can spread the rash, increase the chance of spreading the virus to others, and possibly cause infection by bacteria. If you do accidentally touch the rash, wash your hands with soap and water and avoid touching sensitive areas like your eyes, nose, mouth, genitals, and rectum (butthole).
- Topical benzocaine/lidocaine gels can be used for temporary relief. Oral antihistamines such as Benadryl and topical creams such as calamine lotion or petroleum jelly may help with itching.
- Soaking in a warm bath (using oatmeal or other over-the-counter bath products for itchy skin) may offer some relief to the dry, itchy sensations.
- People who have the rash in or around their anus (butthole) or genitals (penis, testicles, labia, vagina), or perineum (taint) may also benefit from a sitz-bath. A sitz bath is a round, shallow basin. There is also the option to sit in a bathtub with shallow, warm water. Your healthcare provider may prescribe medication like povidone-iodine or other products to be added to the water in a sitz bath. Adding Epsom salt, vinegar, or baking soda to the water can be soothing.

MONKEYPOX

If You Have Monkeypox:

Notifying Close Contacts



If you have been diagnosed with monkeypox, it's important to **notify your close contacts** that they may have been exposed to monkeypox as soon as possible, so they can watch for signs and symptoms, get tested, and isolate if they have symptoms. They should consider getting vaccinated if exposed less than 14 days ago, ideally within 4 days of exposure. Vaccination provides the best chance to prevent the disease or make it less severe. By letting your close contacts know they may have been exposed to monkeypox, you are helping to protect them and everyone around them.

Who Are Your Close Contacts?

A close contact is anyone, since the start of your monkeypox [symptoms](#) you:

- Have had sex with; this includes oral, anal, and vaginal sex.
- Have touched or who came in contact with the rash on your body.
- Have hugged, cuddled, kissed, or had other prolonged skin-to-skin contact with.
- Shared cups, utensils, towels, clothing, bedding, blankets, or other objects and materials with.

Make a List of Close Contacts to Notify

Think about:

- Who were/are your sex partners?
- Who lives with you (including family members, roommates, or overnight guests)?
- Who have you recently had prolonged skin-to-skin contact with? Consider the following:
 - » In-person meetings or gatherings you attended.
 - » People you have met with recently (i.e., for a home visit, at a restaurant, for drinks, for dancing, for exercise, or for a party).
 - » People you played contact sports with (for example, basketball or wrestling).
 - » Appointments with health care providers, including dentists.
 - » People who have provided you services, such as childcare providers, house cleaners, barbers, hairdressers, nail salon workers, massage therapists, adult care workers, etc.
 - » People you work or volunteer with outside of the home.



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Tips on Preparing and What to Say

If you are feeling a little uncertain about notifying your contacts, it can be helpful to prepare beforehand to make sure the communication goes smoothly. Below are a few tips that may be useful:

- Think through how you would want to be notified in the same situation.
- Consider safety and privacy. If texting, messaging, or emailing, consider whether other people might be able to read your communication. If you are notifying by phone, first ask your contact if they are in a place where they can speak privately.
- Saying the words out loud can help you think through what you want to say and how you want to say it before you reach out.
- Consider the person and prepare how you would want to calmly react to the different types of responses you might get.

An example of what you can say to your close contacts could be:

Hi. I need to talk to you about something important. Do you have a few minutes to talk privately? I was diagnosed with monkeypox (or tested positive) on [xxx date]. Monkeypox can spread through close or intimate contact. Since we spent time together on [xxx date], I wanted to let you know. You should check for symptoms and get tested ASAP if you have symptoms. The CDC has information on their website at www.cdc.gov/monkeypox.

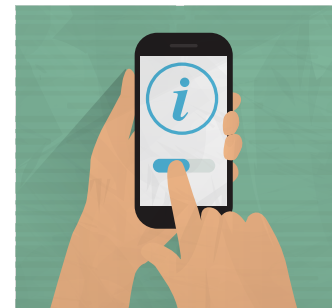
Other Options for Notifying Your Close Contacts

If you are unable to notify your close contacts yourself, there are other options available to you:

Health Department Assistance. You may be contacted by a public health professional from your local health department, typically called a disease intervention specialist or DIS. A DIS may reach out to you to discuss your diagnosis, answer any questions you have, and, if you want help, confidentially notify your contacts. They will protect your privacy and not disclose anything about you. When they notify your contacts, they will connect them to services that they may need, including medical care, testing, treatment, and/or vaccines, as appropriate. However, some health departments may not be able to provide this service depending on local resources.

Anonymous Notification Services. You may use a reputable, online service that can notify your contacts of their possible exposure to monkeypox while protecting your anonymity. One such site is tellyourpartner.org. The service is free. You can first explore the site to learn more about how they protect your privacy and the language that will be used in the notification. This site also will let your contacts know where they can obtain additional information about monkeypox.

Choose the method of notifying your contacts that you are most comfortable with. You can use different methods for different contacts. The important thing is to make sure that your contacts have the information they need in time to make decisions about their health and prevent spreading monkeypox to others.



MONKEYPOX

Patient's Guide to Monkeypox Treatment with TPOXX



Accessible link: <https://www.cdc.gov/poxvirus/monkeypox/if-sick/treatment.html>

FAST FACTS

- There are no treatments specifically for monkeypox. But because the viruses that cause monkeypox and smallpox are similar, antiviral drugs developed to protect against smallpox may be used to treat monkeypox effectively.
- The antiviral drug [tecovirimat \(TPOXX\)](#) has been approved by the Food and Drug Administration (FDA) to treat smallpox in adults and children. Drugs developed to treat smallpox may be used to treat monkeypox.
- If you are prescribed TPOXX, you will be asked to sign a consent form stating you understand TPOXX is an investigational drug that has not yet been approved by the FDA for treatment of monkeypox. Investigational means there is not currently enough data available from testing in people on the safety and effectiveness of TPOXX for treating people with monkeypox.
- Research is currently happening to test the safety and effectiveness for all people with monkeypox.
- TPOXX is currently only for people with severe monkeypox disease or who are at high risk of severe disease, like people with weakened immune systems or skin conditions, such as HIV that is not virally suppressed and eczema.
- TPOXX may help prevent or minimize severe monkeypox disease involving the eyes, mouth, throat, genitals, and anus (butthole). It may provide relief for short-term symptoms such as pain, swelling, and abscesses and long-term effects such as scarring.
- If you have monkeypox symptoms, visit a healthcare provider.

About TPOXX

- TPOXX is for people with severe disease or those at high risk of developing severe disease.
- TPOXX can reduce the amount of the virus in the body. TPOXX is considered investigational for the treatment of monkeypox because sufficient data are not yet available on the safety and effectiveness of TPOXX in treating people with monkeypox.
- Research focused on safety in healthy people without monkeypox virus infection showed the drug was safe.
- There are current studies looking at TPOXX as a treatment for monkeypox in people. Additionally, previous studies including a variety of animal species show TPOXX can be an effective treatment for orthopoxviruses (such as monkeypox) in animals.
- Drugs that are effective in animal studies are not always effective in humans. Conducting studies to assess TPOXX's safety and efficacy in humans with monkeypox infections is essential.
- The FDA has not yet approved TPOXX for treatment against monkeypox. Under the [expanded access investigational new drug \(EA-IND\) protocol](#), CDC, in partnership with FDA, has made TPOXX easier for healthcare providers to prescribe to people with monkeypox who have or who are at high risk of severe disease.



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TPOXX is not right for everyone

- Healthcare providers **should not** prescribe TPOXX to people with milder monkeypox symptoms.
- When TPOXX is prescribed too often to people with milder monkeypox symptoms, it may increase the chance that the monkeypox virus develops resistance to the medication. This means the drug might no longer work for monkeypox.
- The CDC and FDA are taking steps to reduce the possibility of drug-resistance by currently recommending that TPOXX only be prescribed to those who need it the most.
- Treatment for monkeypox should also include efforts to [manage your symptoms](#). Medicines like ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) can help you feel better.



- With immunocompromised conditions (such as HIV that is not virally suppressed, leukemia, lymphoma, persons undergoing chemotherapy, organ transplantation, or autoimmune diseases)
- With rash or lesions in areas such as the eyes, mouth, throat, genitals, and anus (butthole) that are at risk for severe disease in both the short-term (pain, swelling, abscesses etc.) and the long-term (scarring, etc.)
- With an active disease or condition that affects the skin (such as atopic dermatitis, eczema, psoriasis, impetigo, severe acne, herpes, or burns)
- Who are children, particularly those under 8 years old
- Who are pregnant or breastfeeding

How to know if it is right for you

Most people with monkeypox recover fully within 2 to 4 weeks without the need for medical treatment.

A healthcare provider may prescribe TPOXX for the following people:

- With severe monkeypox disease such as:
 - » bleeding or infected lesions/rash
 - » lesions that have merged into larger lesions
 - » any other conditions that require hospitalization

If you are prescribed TPOXX, you will be asked to sign a consent form stating you understand TPOXX is an investigational drug that has not yet been approved by the FDA for treatment of monkeypox.

Based on community feedback and the need to understand TPOXX for treating monkeypox in people with severe and mild disease, the National Institutes of Health, in association with the AIDS Clinical Trials Group, will be conducting a research study to understand its effectiveness. For more information on STOMP: study of tecovirimat for monkeypox, visit www.actnetwork.org/studies/a5418-study-of-tecovirimat-for-human-monkeypox-virus-stomp/.

How to pay for TPOXX

- TPOXX is currently free.

Contact a healthcare provider

- To find out if TPOXX is right for you.
- If you have monkeypox symptoms.
- If your monkeypox symptoms get worse.



Who is eligible?

The Healthy Michigan Plan provides health care benefits to Michigan residents at a low cost so that more people can have health care coverage. Individuals are eligible for the Healthy Michigan Plan if they:

- Are age 19-64 years
- Have income at or below 133% of the federal poverty level* (\$16,000 for a single person or \$33,000 for a family of four)
- Do not qualify for or are not enrolled in Medicare
- Do not qualify for or are not enrolled in other Medicaid programs
- Are not pregnant at the time of application
- Are residents of the State of Michigan

*Eligibility for the Healthy Michigan Plan is determined through the Modified Adjusted Gross Income methodology.

Three easy ways to apply:

- Online: www.michigan.gov/mibridges
- Call: 1-855-789-5610
- In person: temporarily not available due to COVID-19.

Coverage:

With the Healthy Michigan Plan, you will get a variety of health care benefits.

The Healthy Michigan Plan covers the federal healthcare law essential health benefits, as well as other services and benefits. This means that you can get the health care you need at a low cost. With these benefits available, it's never been easier to protect your health. The Healthy Michigan Plan provides the following services:

- Ambulatory patient services
- Emergency services
- Hospitalization
- Maternity care
- Mental health and substance use disorder treatment services, including behavioral health treatment
- Prescription drugs
- Rehabilitative and habilitative services and devices
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services for 19 and 20 year olds, including oral and vision care

The Healthy Michigan Plan will cover other medically necessary services as appropriate.

The [Healthy Michigan Plan Handbook](#) provides more information about what is covered.

Questions?

For questions or translations, call **MiChild** at 1-888-988-6300 (TTY: 1-888-263-5897).



Si tiene preguntas o necesita ayuda para traducir, llame a **MiChild** al 1-888-988-6300 (TTY: 1-888-263-5897).



لأسئلتكم واستفساراتكم أو الحصول على خدمات الترجمة، اتصلوا على **MiChild** على الرقم 1-888-988-6300 (لضعاف السمع: 1-888-263-5897)

MiCHILD HEALTHY KIDS



Do you need health care coverage for you or your children?



Apply now on the Internet!
www.michigan.gov/mibridges

How can you find out if you or your children qualify for MiChild or Healthy Kids?

1 You get results the quickest by applying online at www.michigan.gov/mibridges

- Fill out the online application
- Submit the application
- View your results telling you who qualifies

*If you or your family need help with food, shelter, or other daily living expenses, choose **Apply For Multiple Benefits** when you begin your online application.*

or

2 Fill out a paper application (you will get a letter telling you who qualifies)

- Go to www.michigan.gov/mdhhs and print an application, **or**
- Call 1-888-988-6300 and ask for an application to be mailed

It's fast and easy to apply online



MDHHS is an equal opportunity employer, services and program provider.

Find out fast if your family qualifies!



Go to www.michigan.gov/mibridges and find out if your family qualifies

MICHILD



If you have children under age 19,

you may be able to get health and dental care for them through **MiChild**. To qualify, your children must:

- Be under age 19
- Have no other health insurance
- Have a Social Security Number (or have applied for one)
- Live in Michigan, even for a short time
- Be a U.S. citizen or qualified immigrant
- Meet Modified Adjusted Gross Income (MAGI) limits

How much does MiChild cost?

You pay just \$10 a month for your whole family (even if you have more than one child).

HEALTHY KIDS



If you are under age 19, or pregnant

you may be able to get health and dental services for you and your children through **Healthy Kids**. To qualify, you or your children must:

- Be under age 19, or pregnant
- Have a Social Security Number (or have applied for one)
- Live in Michigan, even for a short time
- Be a U.S. citizen or a qualified immigrant
- Meet Modified Adjusted Gross Income (MAGI) limits

How much does Healthy Kids cost?

Healthy Kids is free.

What services do MiChild and Healthy Kids provide?

- Ambulance
- Dental services
- Doctor visits and health check-ups
- Family planning
- Hearing and speech therapy
- Hospital care
- Immunizations (shots)
- Lab and x-ray tests
- Medical supplies
- Medicine
- Mental health services
- Physical therapy
- Prenatal care and support services
- Substance use disorder services
- Surgery
- Vision care
- Well-child visits

Find out fast if your family qualifies!



Visit www.michigan.gov/mibridges and find out if you qualify!

About Us

Allegan County Community Links is bridging the gap between individuals, communities, health, and social service systems. We are aiming to make the connections that help the Allegan County Community thrive.

What is a Community Health Worker?

A Community Health Worker is a trained/certified public health worker who serves as a liaison between communities, health care systems, social service systems, and health departments.

What We Do

Allegan County Community Health Workers provide referrals and information on community services available and help you get the services you are looking for.



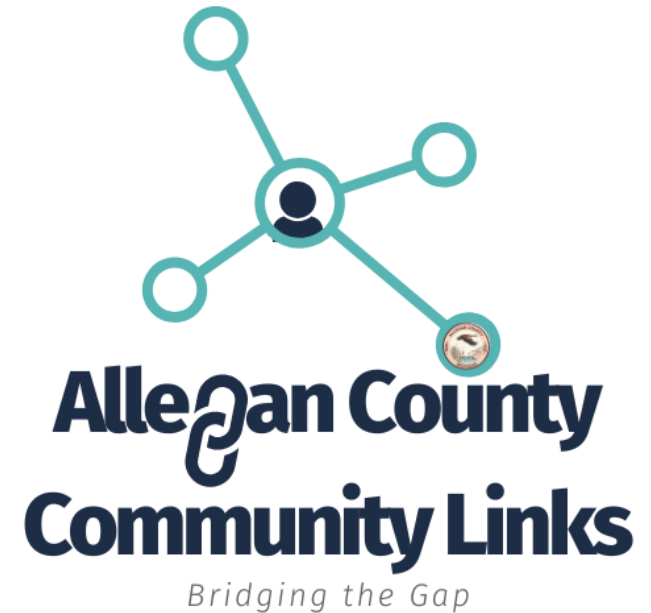
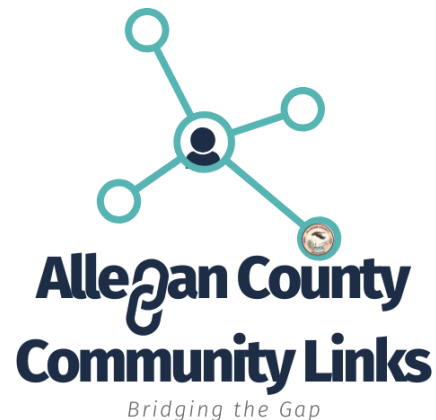
**Allegan County
Health Department
3255 122nd Avenue, Suite 200
Allegan, MI 49010**



Contact Us

Phone: (269) 673-5411

Email: communitylinks@allegancounty.org



**Making Connections that
Help Our Community Thrive**

What services does Allegan County Community Links connect residents to?

- Basic Needs
- Family Services
- Housing Assistance
- Medical Services
- Mental Health Services
- Food Assistance
- Transportation Assistance
- Education Resources
- Senior Service Resources
- Legal Services



How does this program work?

Step 1:

- A person fills out our referral form online.

Step 2:

- One of our Community Health Workers contacts the individual and gathers needed information to start connecting the individual to services and resources they need.

Step 3:

- Our Community Health Worker will routinely follow up with the individual to check-in and make sure they are getting what they need.

Meet our Community Health Workers:

**Veronica Rodriguez
&
Regina Love**

The Certified Community Health Workers at Allegan County Health Department are excited to help community members receive the referrals and services they need by working to ensure all referrals are met in a timely manner.

Scan the QR Code or visit the link below to fill out our referral form:



bit.ly/3SUW0jY

For more Information:

Visit our website for more information about Allegan County Community Links:
www.allegancounty.org/health/community-links

Contact a Community Health Worker:
E: communitylinks@allegancounty.org
P: (269) 673-5411 ext. 4547 or ext. 4550



HOW TO TAKE CARE OF YOURSELF WHEN DIAGNOSED WITH MONKEYPOX (MPV)

These are recommendations. You should always talk to your provider for recommendations based on your case and symptoms.



Keep yourself hydrated.



Sanitize your hands.



Do your best to rest.



Avoid scratching and picking.



For MPV sores in throat, rinse with salt water 3 or 4 times a day and after eating.



Wash your skin with soap and water.



Take over the counter pain medication like Advil or Tylenol. Choose what works best for you.



Protect pox with gauze before putting on bandaids or covering.



Soaking can help relieve pain, especially after bowel movements.