

Utah Valley University Monkeypox Response and FAQs

The following information comes from the CDC and Utah's Department of Health and Human Services. This document will also address frequently asked questions about UVU's guidelines and any response to the monkeypox virus.

What is the monkeypox virus?

Monkeypox is of the same family of viruses that causes smallpox and has very similar, though milder, symptoms. It is not of the same family as chickenpox.

What are the symptoms of monkeypox?

Symptoms can include:

- Rash
- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g., sore throat, nasal congestion, cough)

How is monkeypox spread?

- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including:
 - Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox
 - Touching objects, fabrics, and surfaces that have been used by someone with monkeypox
 - Contact with respiratory secretions (CDC)

Monkeypox is not spread through casual encounters or conversations where physical touch was not involved.

How soon after exposure can someone develop symptoms?

Symptoms will usually appear within 3 weeks (21 days) of exposure. While monitoring for symptoms, you should not donate blood or plasma.

What if I have been exposed to monkeypox?

Monitor for symptoms for the next 21 days. During this time, you may conduct normal daily activities if symptoms are not present. Reach out to your local health department for vaccine information. If you start to develop symptoms, contact your healthcare provider.

What should I do if I have monkeypox?

The following information comes directly from the Utah Department of Health and Human Services. More information can be found at <https://epi.health.utah.gov/monkeypox/>.

- It is best to stay home, except to get medical care, until a healthcare provider says all sores have fully healed and you are no longer able to spread monkeypox to others. This can take 2-4 weeks. During this time:
 - Separate yourself and personal items from other people in your home. Wear a well-fitting mask if you need to be in close contact with others in your home.
 - Do not share items that you have worn or touched. Wash or disinfect items that you have worn or touched and any surfaces that may have touched your rash.
 - Avoid close physical contact with other people.
 - Avoid sharing utensils or cups. Items should be cleaned and disinfected before others use them.
 - Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash.
 - Avoid contact with animals, including pets.

- If you are not able to stay home until your sores fully heal, you may leave your home if you no longer have a fever, sore throat, or congestion (stuffy nose). If you do leave your home before your sores have healed, you should:
 - Cover all parts of the rash with clothing, gloves, and/or bandages.
 - Avoid crowds or congregate settings.
 - Wear a well-fitting mask when interacting with others until the rash and all other symptoms have gone away.

What is UVU's response to the monkeypox virus?

Currently, UVU is monitoring the monkeypox virus and will continue to do so.

Do I have to report any monkeypox exposure to UVU?

No, you do not have to report monkeypox exposure to UVU.

Do I have to report if I have monkeypox to UVU?

No. If you have contracted the monkeypox virus, you do not have to report it to UVU.

Will UVU conduct any contact tracing for monkeypox?

No. Any contact tracing for monkeypox will be handled by local health departments.

Can the monkeypox vaccine be administered to UVU students and employees?

Currently, monkeypox vaccines are not available to the general public and are only being administered to those with the highest risk of exposure.

Will UVU administer the monkeypox vaccine to those who qualify to receive the vaccine?

No, UVU will not administer any monkeypox vaccines. If you qualify for the vaccine, or want to discuss your qualifications for the vaccine, contact your local health department.