

To: Montgomery College Community
From: Chevelle Glymph, Director, Public Health & Environmental Safety
Subject: Monkeypox Guidance
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Over the past weeks, increasing cases of monkeypox nationally, including in the Washington metropolitan area, have prompted federal health officials to declare the growing monkeypox outbreak a national health emergency. This declaration facilitates the coordinated mobilization of treatments (vaccine and medicines), health education and communication to more effectively combat the spread of the virus.

Spread

According to the Centers for Disease Control and Prevention, monkeypox can spread through human-to-human (skin-to-skin) contact. Health workers, household members, and others who come in close contact with active cases are at greater risk. Increased risk for contact includes:

- Contact with monkeypox rash, sores, or scabs
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox
- Exposure to respiratory droplets or saliva during prolonged face-to-face contact with a person with monkeypox

While scientists are still researching transmission of this virus, close physical contact, including sexual contact, remains a confirmed, well-known risk factor for transmission.

Symptoms

Symptoms include a rash, sores, or flu-like symptoms, accompanied by:

- Fever
- Headache
- Muscle aches and backache
- Swollen glands
- Chills
- Fatigue

- Rash or sores can be on the hands, feet, chest, face, penis, or inside or on the mouth, vagina, and anus
- Sores will go through several stages before healing

Monkeypox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed. This may take several weeks for sores to completely heal.

Health and Safety Recommendations

We want the Raptor community to stay safe and observe the appropriate precautions. Please follow these guidelines for your own health and safety, and for the safety and wellbeing of our community:

- Stay home if sick
- Maintain proper personal hygiene
- Follow your healthcare provider's treatment and prevention guidance if you or your partner has or suspect you have monkeypox, or if you have come in contact with skin lesions or unknown body secretions. If you do not have a medical provider, please contact the Maryland Department of Health.
- Avoid close physical contact with anyone until all sores have healed and you have a fresh layer of skin formed

Additional information about monkeypox is available from the [Centers for Disease Control and Prevention](#), [the Maryland Department of Health](#) and the [Montgomery County Department of Health and Human Services](#). Please know that the Office of Public Health and Environmental Safety is continuously monitoring the outbreak of monkeypox and other health conditions in our community. We will keep the College community updated and informed as more information becomes available.

Stay healthy. Stay safe.