

# Guidance for Prevention of Zoonotic Infection with Monkeypox (MPV)

Monkeypox (MPV) is a zoonotic disease, meaning that it can spread between animals and people. Certain African mammals, including several kinds of rodents and non-human primates, have been shown to be able to be infected with MPV. In 2003, 47 human cases of MPV across six states occurred after the cases came into contact with domesticated prairie dogs who shared bedding and caging with a shipment of infected small mammals from West Africa. This instance of animal-to-animal and animal-to-person spread demonstrate the need to reduce the risk of infections to and from animals by isolating infected people as well as exposed and infected animals. New evidence suggests that human to animal spread is possible in cases of close contact<sup>1</sup>.

We are still learning which species of animals can get MPV. While we do not know if reptiles, amphibians, or birds can get MPV. It is unlikely since these animals have not been found to be infected with other orthopoxviruses. Animals that are infected can spread MPV to people and it is possible that people with MPV can spread it to animals through close contact including petting, cuddling, hugging, kissing, licking, sharing sleeping areas, and sharing food<sup>2,3,4,5</sup>.

## Recommendations for people infected with MPV:

Because of the risk of zoonotic spread (between people and animals), people infected with MPV should:

- Avoid direct contact with mammals, including pets, domestic animals, and wildlife to prevent spreading the virus. Do not pet, cuddle, hug, kiss, or allow animals to lick you. Do not share sleeping areas or food with animals.
- If you did not have close contact with pets in the household after symptom onset, ask friends or family members who live in a separate home to be your animal's caretaker until you fully recover.
  - Disinfect home before bringing healthy animals back; follow the [general guidance on cleaning and disinfecting non-healthcare settings](#).
- If you had close contact with pets in the household after symptom onset, exposed pets should be kept at home and away from other animals. If possible, you should avoid close contact with the animal and ask another household member to care for them until fully recovered. Close contact with the animal should be limited for 21 days after the most recent contact.

- People who are immunocompromised, pregnant, have young children present (<8 years of age), or with a history of atopic dermatitis or eczema, should not provide care for animals that had close contact to a person with MPV as they may be at increased risk for severe outcomes from an MPV infection.

If you must care for pets during home isolation, you should:

- Wash your hands, or use an alcohol-based hand rub, before and after caring for pets.
- Cover any skin rash to the best extent possible (i.e. long sleeves, long pants), and wear gloves and a well-fitting mask or respirator while providing care for animals.
- Do not let animals come into contact with rashes, bandages, or body fluids.
- Ensure pets cannot inadvertently come into contact with contaminated articles in the home such as clothing, sheets, bandages, and towels.
- Ensure food, toys, bedding, or other items provided for animals during isolation do not come in direct contact with your skin or uncovered rash.
- Not surrender, euthanize, or abandon pets because of a potential exposure or infection.

It is important to prevent pets' contact with wild rodents by [limiting their access into the home](#) and supervising pets outdoors.

Animals exposed to MPV should be monitored for symptoms. Any symptoms should be reported to a veterinarian and your [local health jurisdiction](#) (LHJ). It is not clear what symptoms infected animals may have so watch them for potential signs of illness including lethargy, lack of appetite, cough, nasal secretions or crust, bloating, fever, and pimple or blister-like skin rash. An animal that had close contact with a person with MPV and new onset of symptoms following close contact should be evaluated by a veterinarian for testing.

If a person infected with MPV is unable to care for their animal, or if there is known ongoing contact with wild rodents due to an infestation or inability to keep the animal away from rodents, the animal should be temporarily removed from the home for a quarantine period of up to 21 days.

Following recovery of the person with MPV, the home should be disinfected before bringing healthy animals back. Follow the [general guidance on cleaning and disinfecting non-healthcare settings](#).

### **Recommendations for veterinarians examining exposed and symptomatic animals:**

Veterinarians examining animals with suspected MPV should implement infection control practices, including hand hygiene and personal protective equipment (PPE). Proper PPE includes disposable gown, gloves, eye protection or face shield, and a NIOSH-approved

particulate respirator equipped with N95 filters or higher<sup>1</sup>. Guidance on cleaning and waste disposal is available here:

<https://www.cdc.gov/poxvirus/monkeypox/veterinarian/examination.html>.

### **Animal Testing Guidance:**

Testing is recommended for symptomatic animals meeting the CDC case definition for suspect animal cases of MPV: <https://www.cdc.gov/poxvirus/monkeypox/veterinarian/case-def.html>.

LHJs should work with the animal's veterinarian and Washington State Department of Health (DOH), specifically the Office of CDEpi Zoonotic Disease 206-418-5500, regarding specimen collection and submission to CDC and NVSL for testing. Approval from the state veterinarian is required and will be coordinated by DOH.

### **Specimen collection**

See available CDC guidance for animal sample collection and storage:

<https://www.cdc.gov/poxvirus/monkeypox/veterinarian/animal-officials.html>

### **Animal Case Follow-up:**

Infected animals can potentially spread MPV to people or other animals. Animals with MPV should be separated from other animals and contact with people should be limited to interactions such as feeding and basic care for at least 21 days after becoming ill or until fully recovered. When caring for an animal with MPV, or suspected MPV, you should:

- Keep animals with signs of illness isolated in their home and away from anyone who has not had MPV.
- Follow precautions including diligent hand hygiene and using personal protective equipment (PPE). PPE should include gloves, eye protection (safety glasses, goggles, or face shield), and a well-fitting mask or respirator (ideally a disposable NIOSH-approved N95 filtering facepiece respirator), and a disposable gown.
  - If a disposable gown is not available, wear clothing that fully covers the skin (i.e. long sleeves, long pants), and immediately remove and [launder clothing](#) after contact with the animal, animal enclosures, or animal bedding.
  - Use a dedicated, lined trash can for all potentially contaminated waste. Seal any bags of waste and do not leave or dispose of outdoors. If appropriate for the species and the plumbing system, flush animal waste down the toilet.
- Bedding, enclosures, food dishes, and any other items in direct contact with infected animals must be properly disinfected. Find more information here:

<https://www.cdc.gov/poxvirus/monkeypox/specific-settings/home-disinfection.html>

### **References:**

1. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(22\)01487-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(22)01487-8/fulltext)
2. <https://www.cdc.gov/poxvirus/monkeypox/veterinarian/index.html>

3. <https://www.gov.uk/government/publications/hairs-risk-assessment-monkeypox/qualitative-assessment-of-the-risk-to-the-uk-human-population-of-monkeypox-infection-in-a-canine-feline-mustelid-lagomorph-or-rodent-uk-pet#about-the-human-animal-infections-and-risk-surveillance-group>
4. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm5227a5.htm>
5. [https://wwwnc.cdc.gov/eid/article/13/9/07-0175\\_article](https://wwwnc.cdc.gov/eid/article/13/9/07-0175_article)
6. <https://www.cdc.gov/poxvirus/monkeypox/veterinarian/case-def.html>

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