

## Mpox Guidance for Clinicians and Healthcare Systems: Testing

Last updated: 12/20/22

### Important Points:

#### **Rash + Risk = Test** **If patient has a rash and has risk factors, test for mpox.**

- Examples of people at higher risk:
  - Individuals engaged in any type of sex work.
  - Partners of individuals who engage in higher-risk sexual activities.
  - Close/household contacts of individuals who have been exposed to mpox or engaged in higher-risk activities.
  - Men who have sex with men and have a history of STI in the last year.
  - Individuals who plan to have multiple sex partners.
  - Individuals who plan to have close contact at a high-risk event or high-risk venue.
  - Individuals taking HIV PrEP or those living with HIV.
  - Anyone who was exposed to mpox (either through a personal contact or through intimate contact with others at an event where mpox cases were identified)

*Testing for mpox can and should be done in the clinical setting for any patient presenting with symptoms concerning for mpox infection and those who meet epidemiologic criteria for testing. This document outlines the processes and procedures for performing diagnostic testing for mpox in a clinical setting.*

#### **Personal Protective Equipment (PPE)**

- Mpox is most commonly spread through prolonged close or intimate contact.
  - As such, overall risk of mpox infection for healthcare workers is low and this risk is reduced with use of proper PPE.
  - At this point, healthcare workers are not eligible for prophylactic vaccination against mpox.
- Any healthcare worker performing testing for mpox should wear proper PPE to ensure protection against mpox transmission during sample collection.
- Proper PPE includes:
  - Gown
  - Gloves
  - Eye protection (i.e., goggles or face shield that covers front and sides of face)
  - NIOSH-approved particulate respirator equipped with N95 filters or higher

## **Collection Information**

### **[Mpox \(MPV\) Specimen Collection Video](#)**

1. Don proper PPE and examine patient for lesions concerning for mpox infection.
2. Obtain sterile swabs (dry polyester or Dacron) to utilize for specimen collection.
  - a. You should collect 2 samples from each lesion and it is recommended that you collect specimens from 2-3 lesions, especially if lesions are noted on different parts of the body or vary in appearance.
3. Swab the lesion you are testing vigorously. You do not need to de-roof any lesions prior to swabbing.
4. Once swabs are collected, the ends of the applicator swabs should be broken off into a 1.5- or 2-mL screw-capped tube with O-ring, or the entire swab should be placed in a separate sterile container.
5. After collection, specimens should be stored refrigerated (2-8 °C), or frozen (-20 °C) if specimens will be kept for longer than 5 days.

## **Labs**

- Specimens can currently be shipped to the MDHHS Bureau of Laboratories (BOL), or a commercial lab that is offer mpox testing.
- Each lab has their own procedures for specimen labeling and shipping. Please review attached documents/reach out to whichever lab you will be sending samples to in order to ensure the samples will be processed correctly.
  - [Aegis Science](#) (800-533-7052)
  - [ARUP](#)
  - [BOL](#) (page 5-6) (517-335-8063)
  - [LabCorp \(Contact Portal\)](#)
  - [Mayo Clinic Laboratories](#) (800-533-1710)
  - [Quest Diagnostics](#) (866-697-8378)
  - [Sonic](#)

## **Infection Control**

- Patients presenting for mpox testing can safely sit in the waiting room so long as their lesions are covered and they are wearing a surgical mask. Our practice is to identify them promptly and have them to wait in a clinic room by themselves.
- Standard cleaning and disinfection of rooms after a patient with possible mpox infection should be done using an EPA-registered hospital-grade disinfectant. Proper PPE should be worn while disinfecting the area.
- All healthcare workers should wear PPE when examining a patient with possible or confirmed mpox infection and should wash their hands before and after the clinical encounter.
- All related medical waste (e.g. soiled PPE, patient dressings) should be managed as UN3291 Regulated Medical Waste (RMW) in the same manner as other potentially infectious medical waste (e.g. soiled dressings, contaminated sharps)

### **Instructions for Patients**

- All patients who have been tested for mpox should be encouraged to self-isolate and avoid high transmission risk activities until test results are available.
  - To help educate patients, you can provide them with following handout: [Mpox: What to expect after being testing](#)
- If a test comes back positive:
  - Patients should be instructed to self-isolate until the time at which their rash is fully healed and a fresh layer of skin has formed over the affected area. To help educate patients, you can provide them with following handout: [Mpox: What to do if you test positive](#)
    - For more information on isolation recommendations for patients with confirmed mpox, please refer to the [CDC's Isolation and Prevention Practices](#) for mpox and the [CDC's Home Isolation and Infection Control](#) guidance.

### **Treatment**

- Patients diagnosed with mpox may be considered for treatment with tecovirimat (also known as TPOXX). This antiviral medication is approved for the treatment of smallpox and is available for treatment of mpox through an expanded access protocol with the CDC.
  - The CDC has information available about [clinical treatment](#) and specifically how to initiate [treatment with TPOXX](#)
  - TPOXX is available locally for providers treating patients diagnosed with mpox. Call the Washtenaw County Health Department at 734-544-2963 to request TPOXX.

### **Reporting Mpox Cases**

- Mpox is a reportable condition in Michigan. All probable and confirmed cases of mpox should be reported to your local health department.
- If you suspect a case of mpox, please contact the health department at [np@washtenaw.org](mailto:np@washtenaw.org) or 734-544-2963 and provide name, date of birth, date of test, where the test was submitted (Quest, Labcorp, BOL, etc), and any relevant clinical information.

### **Additional Resources:**

- [Preparation and Collection of Specimens | Mpox | Poxvirus | CDC](#)
- [NIOSH Directory of Personal Protective Equipment | NIOSH | CDC](#)
- [Infection Control: Healthcare Settings | Mpox | Poxvirus | CDC](#)
- [Clinical Guidance | Mpox | Poxvirus | CDC](#)
- [Information for Healthcare Providers on Obtaining and Using TPOXX \(Tecovirimat\) for Treatment of Mpox | Mpox | Poxvirus | CDC](#)
- [Prescribing Information for TPOXX](#)

*If you have any additional questions, please contact the Washtenaw County Health Department at 734-544-2963.*