

## Mpox Guidance for Clinicians and Healthcare Systems: Diagnosis

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### Important Points:

#### Rash + Risk = Test

**If patient has a rash and has risk factors, test for mpox.**

- Familiarize yourself with mpox symptoms, including how mpox rashes may present (rash may resemble blisters or pimples).

#### Clinical Presentation

- Individuals infected with mpox have varied clinical presentations. Individuals may be asymptomatic, have a rash alone, or may have a rash and systemic symptoms. These symptoms may also change throughout the course of the infection.
- Mpox infection symptoms include, but are not limited to:
  - Fever
  - Chills
  - Headache
  - Body/muscle aches
  - Lymphadenopathy
  - Fatigue
  - Respiratory symptoms (e.g. sore throat, cough, nasal congestion)
  - Rash
- The most common symptom of mpox infection is a rash.
  - The rash of mpox often starts as **maculopapular and develops vesicular and pustular lesions** over the course of a few days.
  - These lesions are often **uniform in size, well-circumscribed and deep-seated**. Overtime, they often become **umbilicated** as well.
  - Lesions may be present anywhere on the body, including but not limited to the face, oral cavity, chest, extremities, and perianal/genital region
  - The rash is often painful, especially in sensitive areas, and may or may not be associated with pruritus.
  - The rash is considered fully healed once lesions have scabbed over and new skin is grown, at this point patients are no longer contagious



Photo Credit: NHS England High Consequence Infectious Diseases Network



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### Who To Test

Providers should consider testing for mpox in all patients who present with a rash and have any of the following risk factors:

1. Any patient with known mpox exposure
2. Patients who:
  - Have multiple sexual partners and/or anonymous sexual partners, **or**
  - Have attended a festival, rave, or similar event and engaged in intimate or sexual contact with individuals at the event, **or**
  - *Especially consider in patients who are men, or trans or nonbinary, who have sex with men*
3. Any patient who is presenting for STI testing\*
  - \*There are high rates of mpox and STI co-infection and the presentation of mpox is hard to distinguish from that of other STIs
4. Any patient who presents with an unusual or atypical rash if clinically indicated
5. Patient with other prodromal symptoms (fever, muscle aches, chills, lymphadenopathy, etc.,) without alternative diagnoses

### After Testing - What Comes Next

- 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.
- All patients with a suspected mpox diagnosis should be encouraged to 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 and be educated on infection prevention and isolation guidelines. To help educate patients, you can provide them with following handout: [Mpox: What to do if you test positive](#). For more detailed information regarding those topics, you can review the following resources:



Washtenaw County Health Department

- [CDC's Isolation and Prevention Practices](#)
- [Prevention information](#)
- Mpox is a reportable condition in Michigan. All probable and confirmed cases of mpox should be reported to your local health department.
- 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.
- If you have any additional questions, please contact the Washtenaw County Health Department at 734-544-2963.

**Additional Resources**

- [Mpox in the United States: What Clinicians Need to Know \(cdc.gov\)](#)
- [Signs and Symptoms | Mpox | Poxvirus | CDC](#)
- [Clinical Recognition | Mpox | Poxvirus | CDC](#)
- [Clinician FAQs | Mpox | Poxvirus | CDC](#)
- [Isolation and Infection Control: Home | Mpox | Poxvirus | CDC](#)
- [Treatment Information for Healthcare Professionals | Mpox | Poxvirus | CDC](#)