



SAN JOSE POLICE DEPARTMENT

TRAINING BULLETIN

TO: ALL DEPARTMENT PERSONNEL

FROM: Anthony Mata
Chief of Police

SUBJECT: MONKEYPOX

DATE: September 16, 2022

Bulletin #2022-031

Background of Monkeypox

Over the last few months, the Centers for Disease Control and Prevention (CDC), and the California Department of Public Health (CDPH) have reported an outbreak of Monkeypox (MPX) cases. According to the Centers for Disease Control and Prevention, Monkeypox is a rare disease caused by infection with the Monkeypox virus¹. The Monkeypox virus is a variant of the Variola virus that causes Smallpox. Monkeypox symptoms are similar to Smallpox symptoms, but milder, and not as likely to be as fatal as Smallpox. Monkeypox is not related to Chickenpox.

The purpose of this training bulletin is to better educate the members of the San Jose Police Department and minimize risk and exposure to the disease.

Symptoms of Monkeypox

Per the California Department of Public Health website, Monkeypox often starts with flu like symptoms, such as fever, low energy, swollen lymph nodes, and general body aches². Within 1 to 3 days, and after the onset of fever, a subject can develop rash or open sores. The sores can vary in size, appearance, and often develop into multiple stages. The sores can look similar to pimples, blisters, and may be painful or itchy. The sores are commonly located near the genitals or rectal area of the body but can also be located on other areas of the body including hands, feet, chest, face, or inside the mouth. Some parties have reported developing sores before having flu-like symptoms.

Transmission of Monkeypox

Monkeypox has various levels of transmission including the following:

High:

- Contact between an exposed individual's broken skin or mucous membranes with the skin lesions or bodily fluids from a person with Monkeypox.

¹ <https://www.cdc.gov/poxvirus/monkeypox/about/index.html>

² <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/monkeypox.aspx>

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- Any sexual or intimate contact involving mucous membranes (e.g., kissing, oral-genital, oral-anal, vaginal, or anal sex with a person with Monkeypox.
- Contact between an exposed individual's broken skin or mucous membranes with materials (e.g., linens, clothing, objects) that have contacted the skin lesions or bodily fluids of a person with Monkeypox (e.g., sharing food, handling or sharing of linens used by a person with Monkeypox without having been disinfected or laundered)

Intermediate:

- Being within 6 feet for a total of 3 hours or more (cumulative) of an unmasked person with monkeypox without wearing a surgical mask or respirator.
- Contact between an exposed individual's intact skin with the skin lesions or bodily fluids from a person with Monkeypox.
- Contact between an exposed individual's intact skin with materials (e.g., linens, clothing) that have contacted the skin lesions or bodily fluids from a person with monkeypox without having been disinfected or laundered.
- Contact between an exposed individual's clothing with the person with monkeypox's skin lesions or bodily fluids, or their soiled linens or dressings (e.g., during turning, bathing, or assisting with transfer).

Lower:

- Entry into the living space of a person with monkeypox (regardless of whether the person with Monkeypox is present), and in the absence of any exposures above.

No risk:

- No contact with the person with monkeypox, their potentially infectious contaminated materials, nor entry into their living space.

Prevention and limiting exposure to Monkeypox (MPX)

The following prevention measures should be considered to prevent or limit exposure of Monkeypox:

- Avoiding close contact, including hugging, kissing, cuddling and sexual activity with people with symptoms like sores or rashes.
- Not sharing materials (bedding, towels, clothing, utensils, cups) with someone who has symptoms.
- Washing your hands often with soap and water or an alcohol-based hand sanitizer.
- Using appropriate personal protective equipment (PPE) (like a mask, gown, and gloves) when caring for others with symptoms.
- Avoiding contact with infected animals.
- Always talking to your sexual partner/s about any recent illness and being aware of new or unexplained sores or rashes on your body or your partner's body, including on the genitalia and rectum.

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What Should you do if exposed to Monkeypox (MPX)?

If exposed to Monkeypox and you start to develop flu-like symptoms, new rash, sores, or skin lesions you should see a healthcare provider as soon as possible. Prior to seeing the healthcare provider, cover your rash, sores, or lesions and wear a well-fitting mask. Make sure to notify the healthcare provider of the Monkeypox exposure.

If a Monkeypox exposure occurs on duty, make sure you notify your immediate supervisor and complete the appropriate exposure forms such as the Employer's First Report of Occupational Injury/Illness (Form 5020) and Employee's Claim of Workers Compensation (Form DWC-1). The forms should be completed in a timely manner.



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