



CENTRAL MASSACHUSETTS EMERGENCY MEDICAL SYSTEMS CORPORATION

MDPH DESIGNATED REGION II EMS COUNCIL

361 HOLDEN STREET - HOLDEN - MA 01520

11/19/2025

Dear EMS Colleagues,

Recently in our Region, there have been two confirmed cases of MPox. It is important for all of us as care givers to be aware of this to protect ourselves, teammates, and patients.

Symptoms:

- Symptoms of monkeypox can begin between 5 to 21 days after infection but most often begin between 7 to 14 days after infection. They include:
 - Fever, headache, muscle aches, backache, sometimes sore throat and cough, swollen lymph nodes, chills, and exhaustion.
 - A rash that usually begins on the face and then spreads to other parts of the body begins within 1 to 3 days after having a fever.
 - The rash changes over time from marks or spots on the skin to raised blisters that are tender. The rash will dry into scabs that eventually fall off.
 - Monkeypox usually lasts for 2 to 4 weeks.
 - Although the disease is usually mild, it has resulted in death for a very small number of people.

Transmission:

This infectious disease is transmitted in the following ways, according to the CDC:

- Direct skin-to-skin contact with monkeypox rash or scabs from a person with monkeypox
- Contact with saliva, upper respiratory secretions (snot, mucus), and bodily fluids or lesions around the anus, rectum, or vagina from a person with monkeypox
- Contact with objects, fabrics, and surfaces that have not been disinfected after use by someone with monkeypox.

<https://www.cdc.gov/monkeypox/causes/index.html#:~:text=Through%20the%20air,for%20long%20periods%20of%20time.>

Personal Protective Equipment:

To avoid monkeypox infection, CDC recommends healthcare personnel use appropriate PPE when caring for patients with suspected monkeypox. PPE includes:

- Gown
- Gloves

OFFICE: 508-854-0111 - FAX: 508-853-3672 - CMED 24/7: 508-854-0100

- Eye protection (i.e., goggles or a face shield that covers the front and sides of the face)
- NIOSH-approved particulate respirator equipped with N95 filters or higher

<https://www.cdc.gov/monkeypox/hcp/infection-control/healthcare-settings.html>

Although it may be possible for an infected person to transmit MPox before a rash appears, the highest risk for care givers is through contact with active lesions. Several photos of MPox lesions are below for your reference.



Decontamination:

Any surface or object that was in contact with a patient with suspected MPox or their secretions should be cleaned using an EPA-registered hospital-grade disinfectant with an emerging viral pathogen (EVP) claim. More information about EVP claims can be found through the EPA at:

<https://www.epa.gov/pesticide-registration/disinfectants-emerging-viral-pathogens-evps-list-q#evps>

More information:

Additional information can be found at the Massachusetts Department of Public Health website:

<https://www.mass.gov/mpox>

All the best,

John Broach, MD

Region 2 EMS Medical Director