



Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.

ASK THE DOC



COVID-19 and Mental Health

FAQs on Monkeypox

What is Monkeypox?

Monkeypox is a rare disease caused by infection with the monkeypox virus. The Monkeypox virus is part of the same family of viruses as the variola virus, that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms but milder, and monkeypox is rarely fatal.

Monkeypox was discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research. The first human case of monkeypox was recorded in the Democratic Republic of the Congo in 1970. Prior to the 2022 outbreak, monkeypox had been reported in people in several central and western African countries.

Is Monkeypox deadly?

Infections with the type of Monkeypox virus identified in this outbreak—the West African type—are rarely fatal. Over 99% of people who get this form of the disease are likely to survive. However, people with weakened immune systems, children under 8 years of age, people with a history of eczema, and people who are pregnant or breastfeeding may be more likely to get seriously ill or die.

Am I at risk of Monkeypox?

At this time, the risk of Monkeypox in the United States is believed to be low. Monkeypox does not spread easily among people; however, anyone in close contact with a person with Monkeypox can get it and should take steps to protect themselves. People who do not have Monkeypox symptoms cannot spread the virus to others.

What are the symptoms of Monkeypox?

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)
- A rash that can look like pimples or blisters that appear on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.
- The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks.
- Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

How does Monkeypox spread?

Monkeypox spreads in different ways. The virus can spread from person to person through direct contact with infectious rash, scabs, or body fluids. It also can be spread by respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex. In addition, pregnant people can spread the virus to their fetus through the placenta.

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2022 U.S. Monkeypox Outbreak

- CDC is tracking an outbreak of monkeypox that has spread across several countries that don't normally report monkeypox, including the United States.
- The monkeypox virus is spreading mostly through close, intimate contact with someone who has monkeypox.
- You can take steps to prevent getting monkeypox and lower your risk during sex.
- CDC recommends vaccination for people who have been exposed to monkeypox and people who are at higher risk of being exposed to monkeypox.
- If you have any symptoms of monkeypox, talk to your healthcare provider, even if you don't think you had contact with someone who has monkeypox.
- CDC is urging healthcare providers in the United States to be alert for patients who have rash illnesses consistent with monkeypox.

State	Cases	State	Cases
Alabama	16	Mississippi	3
Alaska	1	Missouri	9
Arizona	50	Nebraska	10
Arkansas	4	Nevada	14
California	799	New Hampshire	9
Colorado	53	New Jersey	118
Connecticut	33	New Mexico	7
Delaware	4	New York	1345
District of Columbia	218	North Carolina	53
Florida	373	North Dakota	1
Georgia	351	Ohio	23
Hawaii	10	Oklahoma	9
Idaho	4	Oregon	58
Illinois	419	Pennsylvania	125
Indiana	49	Puerto Rico	14
Iowa	10	Rhode Island	19
Kansas	1	South Carolina	16
Kentucky	8	South Dakota	1
Louisiana	38	Tennessee	26
Maine	1	Texas	351
Maryland	117	Utah	27
Massachusetts	116	Virginia	76
Michigan	28	Washington	120
Minnesota	33	West Virginia	3
		Wisconsin	13



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Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids is another way monkeypox spreads. It's also possible for people to get monkeypox from infected animals, either by being scratched or bitten by the animal or by eating meat or using products from an infected animal. People who do not have monkeypox symptoms cannot spread the virus to others. Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.

What treatments are available for monkeypox?

There are no treatments specifically for monkeypox virus infections. However, because of genetic similarities in the viruses, antiviral drugs used to treat smallpox may be used to treat monkeypox infections.

Antivirals, such as tecovirimat (TPOXX), may be recommended for people who are more likely to get severely ill, like patients with weakened immune systems.

Mental Health Help:

- Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. The COVID-19 pandemic has left many people feeling anxious or depressed. The DWHN website offers a free and anonymous assessment to help you determine if you or someone you care about should connect with a behavioral health professional. <https://screening.mentalhealthscreening.org/DWHN>
- Another excellent digital tool to support mental health is myStrength, an app with web and mobile tools designed to support your goals and wellbeing. myStrength's highly interactive, individually-tailored resources allow users to address depression, anxiety, stress, substance use, chronic pain, and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health. Visit the DWHN website to learn more.
- For school mental health resources during trauma and violence, visit, <https://dwhn.org/news-oxford-hs-grief-counseling-resources>

COVID-19 DASHBOARD

As of 8/1/2022

Michigan Confirmed Cases
2,310,307

Michigan COVID-19 Deaths
34,250

Wayne County Cases
(excluding Detroit): 284,746

Wayne County Deaths
(excluding Detroit): 4,192

Detroit City Cases: 140,555

Detroit City Deaths: 3,389

Wayne County:

First dose given: 759,710 (70.3%)
Two doses given: 693,710 (64.3%)

City of Detroit:
First dose given: 311,241 (49.9 %)
Two doses given: 260,300 (41.7 %)

Vaccination Dashboard

1st dose tracker: 67.6%
Michigan (5 years and older)
First dose given: 6,281,573 (62.9%)
Two doses given: 5,766,155 (57.7%)

7-day average of new cases: ~13000/day

Michigan case fatality rate: 1.5%

Wayne County fatality rate: 1.5%

Detroit Case fatality rate: 2.4%