

FOR IMMEDIATE RELEASE

Routt County Public Health Notified of Monkeypox Case

STEAMBOAT SPRINGS, CO, July 14, 2022 – The Colorado Department of Public Health and Environment (CDPHE) has confirmed a positive monkeypox case in Routt County. CDPHE is investigating and completing the contract tracing associated with this case. Because the risk to the public continues to be low, Routt County Public Health’s primary role is to vaccinate any high-risk exposures confirmed by CDPHE.

Roberta Smith, Director of Routt County Public Health said, “Monkeypox has recently been spreading in parts of the United States, Canada, Europe, and Australia. It is endemic in central and West Africa. Presently, this is the first significant outbreak in the United States and so it has generated national public interest. The fact that we have a confirmed case in Routt County is not alarming; in general, monkeypox poses a low risk for the population. However, as the Public Health department it is our obligation to provide information to the public about any health concerns. We want to make sure our community knows where to find information and who to contact if there is the need. CDPHE is your best source of information, we have a link on our website or you can visit cdphe.colorado.gov/monkeypox. We urge anyone with symptoms to isolate and contact their healthcare provider. We will continue to work with CDPHE as they complete their investigation and contact tracing.”

Below is information from CDPHE regarding monkeypox.

- The risk to the public continues to be low.
- Monkeypox is rarely fatal. The version of monkeypox spreading right now in non-endemic countries has a fatality rate of less than 1%.
- There is an effective vaccine for monkeypox that can be administered soon after exposure to prevent or lessen the severity of the illness. The state of Colorado has received vaccines from the federal government.
- Anyone can get monkeypox. The virus does not discriminate against any group.
- Monkeypox is spread by close contact, which can include sexual contact.
- Brief interactions without physical contact are unlikely to result in transmission.

Transmission

Monkeypox is primarily spread through close contact with a person who has acquired monkeypox. Transmission typically requires skin-to-skin contact with a sick person’s lesions, rash, or skin bumps. Transmission through respiratory droplets is possible, but experts believe it takes a matter of hours of close contact, as opposed to COVID-19, which can potentially be transmitted in minutes. Close contacts may include family members, people taking care of ill patients, anyone who has shared bed linens with someone who is sick, or anyone who has had prolonged exposure to a person with monkeypox. Epidemiological data on recent cases suggest there may be a heightened risk for people who have recently traveled to a country where monkeypox has been reported or men who have sex with other men. State

epidemiologists are coordinating across the state and with the Centers for Disease Control to monitor the progression of the virus and learn more about transmission.

Symptoms

Monkeypox often begins with fever, headache, muscle aches, swollen lymph nodes, and exhaustion. Typically, a rash develops within one to three days after the onset of fever, often beginning on the face and spreading to other parts of the body. In recent cases, the rash often starts in the genital or perianal area. The associated monkeypox rash can look similar to other infections like syphilis or herpes. The incubation period for monkeypox is usually seven to 14 days, but can range from less than five to 21 days. Most people recover within two to four weeks. Coloradans can help prevent the spread of monkeypox by avoiding close physical contact with individuals who have acquired monkeypox, wearing a high-quality mask if they will be spending time in close contact with someone experiencing symptoms of monkeypox, and contacting a health care provider as soon as possible if they experience symptoms.

Vaccination

The [JYNNEOS](#) vaccine is a fully FDA-approved two-dose vaccine, with doses given four weeks apart. The vaccine can help keep people from getting sick at all if they receive it within four days of exposure to the monkeypox virus. If they get the vaccine between four and 14 days after exposure, it can help prevent severe illness but may not completely prevent infection.

[Eligible, high-risk Coloradans must request an appointment online](#), which will include a symptom screening process where Coloradans can self-attest to their eligibility, and receive a follow-up confirmation email to schedule a vaccine appointment. Those who are unable to receive vaccination through CDPHE and think or know they have been exposed to monkeypox should contact a health care provider as soon as possible.

For more information, visit cdphe.colorado.gov/monkeypox.

Contact: publichealthinfo@co.routt.co.us, 970.870.5341