

See the [UC ANR Monkeypox Summary](#) for general information about symptoms, testing, prevention and treatment of monkeypox.

About Monkeypox

Monkeypox (MPX) is primarily spread through close, personal, and often skin-to-skin contact. It can also be spread by direct contact with objects, fabrics (clothing, bedding, or towels) that have been used by someone with monkeypox. Monkeypox is **NOT spread** through casual brief conversations or walking by or sitting near someone with monkeypox. Based on these exposures that require direct, close, personal contact with someone and/or their personal items, the risk of exposure to monkeypox at UC ANR workplaces or in program activities is very low.

Under existing policies to prevent the spread of COVID-19 or other illnesses, employees are advised to monitor themselves for symptoms and not to come to work when they have symptoms or are feeling ill. Similarly, UC ANR guidance for youth programming, volunteer activities, and public events advises that persons who are symptomatic should stay home and not attend these events. These existing policies and guidance apply to all illnesses, including monkeypox.

CDC recommends three simple steps to protect yourself from getting monkeypox:

- 1. Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.**
- 2. Avoid contact with objects and materials that a person with monkeypox has used.**
- 3. Wash your hands often.**

Public Health Guidance and Contacts

UC ANR personnel and affiliates must follow state and local public health guidance and cooperate with public health personnel conducting contact tracing or investigation of monkeypox cases. Know how to contact your [local public health office](#) and stay aware of the local situation and any specific guidance. Use the UC ANR MPX website: <https://safety.ucanr.edu/MPX> to stay informed on current information.

Supporting Employees

Persons who are infected with monkeypox must isolate to avoid transmitting illness to others. Employees are not required to share information about their diagnosis or symptoms, but do need to notify their supervisor / department point of contact or UC ANR Human Resources if they will be absent from work and if they need to use sick leave or other forms of leave. Recovery usually takes 2-4 weeks. Persons with monkeypox should not return to working in-person until their skin lesions are fully healed and other symptoms have been resolved for at least 48 hours. While protecting every individual's privacy, UC ANR Human Resources may need to request medical clearance when an employee returns to work, or may request information to manage any accommodations. Contact [Jodi Rosenbaum](#) with questions about leave.

People who are exposed to someone who has monkeypox are not required to quarantine and may continue to come to work, as long as they do not have symptoms. These close contacts should monitor themselves for symptoms for 21 days after their last exposure and stay home if they start to develop any [symptoms](#).

Employees should contact their healthcare provider for medical advice or assistance. They may also use the [Academic and Staff Assistance Program \(ASAP\)](#) for advice and referrals on coping with stress.

If Someone Has Monkeypox

If a UC ANR employee, volunteer, youth member, or clientele discloses that they have been diagnosed with monkeypox, and they were present at a UC ANR facility or activity while they were symptomatic or had monkeypox sores or rash, notify UC ANR [Risk & Safety Services](#) as soon as possible. Risk & Safety personnel will evaluate the situation, consult with public health guidance, and advise if additional preventive measures, such as cleaning or disinfection of areas or materials, is recommended.