

JASPER COUNTY BOARD OF HEALTH

Jasper County Health Department: (641)787-9224

Date of Meeting: **Thursday, September 8, 2022**

Time of Meeting: **11:00 AM**

Location of Meeting: Jasper Co. Office Building, 315 W 3rd St N, large conference #006, Newton, IA 50208

PUBLIC NOTICE IS HEREBY GIVEN THAT THE ABOVE-MENTIONED GOVERNMENTAL BODY WILL MEET AT THE DATE, TIME AND PLACE ABOVE SET OUT. THE TENTATIVE AGENDA NOTICE, OF WHICH THE CONTENT CAN BE SUBJECT TO CHANGE, (PER CHAPTER 21, CODE OF IOWA), FOR SAID MEETING IS AS FOLLOWS:

The virtual meeting option is provided for convenience and cannot guarantee access; if a member of the public wishes to ensure participation in the meeting, they should attend in person.

Zoom or phone by calling (312) 626-6799, ID 97157736051# or link <https://jasper.zoom.us/j/97157736051>

Tentative Agenda: Jasper County Board of Health:

Item 1: Call to order: Roll call of Jasper County Board of Health members

Item 2: Approval of the Agenda: (Action) (Attachment, 1 page)

Item 3: Approval of Minutes: July 28, 2022 (Action) (Attachment, 2 pages)

Item 4: Other Outside Agency Reports: (information only)

1.) Environmental Health report: Kevin Luetters, Community Development (Attachment, 1 page)

2.) First Five- Stacy Haas, Marion County (Attachment, 1 page)

Item 5: Iowa Department of Health and Human Services: IDHHS changes (Attachment, 1 page)

<https://hhsalignment.iowa.gov/> (Information only)

Item 6: Home Care reimbursement program (Attachment, 2 pages) (Action)

1.) request to increase rate from \$30 to \$35 per hour.

2.) Increase from 1 ½ to 2 hours if needed.

3.) Increase from 133% poverty to 150%.

Item 7: Strategic planning FY23 (Discussion) (Action)

Handouts: 1.) Goals FY23 (Attachment, 1 page)

2.) What We Do to Fulfill Our Mission, IDPH (Attachment, 2 pages)

3.) Succession Planning, IDPH (Attachment, 1 page)

4.) Board of Health Application (Attachment, 1 page)

5.) Jasper County Board of Health Roster (Attachment, 1 page)

Item 8: Program reports

- Jasper County Health Department- data (Attachment, 1 page)
- Jasper County Cares Meetings – new combined meeting (Attachment, 1 page)
- Monkeypox (Attachment, 2 pages)

Item 9: Public input: This is the time of the meeting that a citizen may address the Board on matters that are included in the agenda or a matter that is not on the regular agenda. After being recognized by the Chair, each person may be given three (3) minutes to speak as time allows. Comments and/or questions must be related to the policies or services and shall not include derogatory statements or comments about any individual. Except in cases of legal emergency, the Board cannot take formal action at the meeting but may research the matter or have the matter placed on a subsequent agenda.

Item 10: Next meeting Date: Thursday, November 10, 2022, 11:00 AM Voshell term ends 12/31/2022

Location: Jasper County Office Building, 315 W 3rd St N, large conference room #006, Newton, Iowa 50208.

Future meetings: January 12, March 9

Item 11: Motion to Adjourn: (Action)

JASPER COUNTY BOARD OF HEALTH

315 W 3rd St N, Newton, Iowa 50208

Jasper County Health Department: (641)787-9224

Jasper County Board of Health Minutes

Date of Meeting: Thursday, July 28, 2022

Time of Meeting: 11:00 AM

Location of Meeting: Jasper County Office Building, 315 W 3rd St N, Newton, Iowa 50208

Item 1: Roll Call: 11:01 AM

Board of Health Members Present: Margot Voshell, Mike Balmer, Dr. Cope, Donna Akins, Julie Smith

Employees: Becky Pryor, Melissa Gary, Kristina Winfield, Environmental Health: Kevin Luetters, Jamie Elam;

Other: Newton News, Jamee Pierson via Zoom; IDPH Consultant, Heather Bombei; IT, Ryan Eaton

Item 2: Approval of the Agenda: Motion to approve by Mike Balmer, second by Donna Akins, motion passed unanimously.

Item 3: Approval of Minutes for May 12, 2022: Motion to approve made by Dr. Cope, second by Mike Balmer, motion passed unanimously.

Item 4: Other Outside Agency Reports:

1.) **Environmental Health report:** Kevin reported inspections have been slow due to the economy slowing down. The department's inspection numbers are lower than last year. The Water Infrastructure Grant applications are not being processed in a timely manner; 12 Jasper County residents are still waiting for approval. Cory Frank with the DNR has been contacted several times but is the only person processing all the applications for the state. Septic Pumper inspections have been done, the DNR is implementing stricter rules next year, and the DNR will not allow the pumpers to keep their licenses if they have any violations. In previous years the pumpers could have a few violations and keep their licenses. The pumpers in Jasper County have had minimal violations in the past such as, truck markers or lines, very small details Kevin has been working with them on.

2.) **ISmile 3rd quarter FY22 Report**, Melissa Woodhouse – not present, refer to the 3-page attachment

Item 5: Community Health Assessment and Improvement Plan 2022 (CHA/CHIP) Community Health Improvement Plan with Mercy One Newton. Becky Pryor presented information, refer to 5-page attachment
Approval for Community Health Improvement Plan: Motion to approve by Dr. Cope, second by Julie Smith, motion passes unanimously

Item 6: State of Iowa Grants – seeking approval (Action) Grants to Counties (Environmental) - FY23 – Kevin Luettgen \$50,5050. See the 8-page attachment.

Motion to approve Iowa grants for Environmental Health Grants to Counties FY23: made by Donna Akins, second by Mike Balmer, motion passed unanimously.

Item 7: Hazard Vulnerability Assessment: Annual Public Health Emergency Preparedness assessment of hazards to public health and healthcare. Healthcare worker's shortage continues to be an area of concern. Becky Pryor presented. Reference to the 1page attachment.

Motion to approve Hazard Vulnerability Assessment made by Mike Balmer, second by Julie Smith, motion passed unanimously.

Item 8: Annual Report FY22 (July 1, 2021 – June 30, 2022) Becky presented - a slideshow of all Jasper County Health Department projects, programs, budget, coalitions, goals, events, grants, community health assessment with Mercy One, the Board of Health Volunteers and years of their service. Refer to FY22 Annual Report. Motion to approve FY22 Annual Report made by Dr. Cope, second by Donna Akins, motion passed unanimously

Public input: none

Next meeting: Thursday, Sept 8, 2022, Time: 11:00 AM, Jasper County Administrative Building, 315 W 3rd St N, large conference room, Newton Iowa, 50208

Motion to Adjourn: Motion made by Mike Balmer, second by Donna Akins, motion passed unanimously.

Meeting adjourned: 11:59am

Minutes taken by: Melissa Gary, Health Department Assistant.

Approved during Board of Health meeting on 09/08/2022.

Board of Health representative

Date: 09/08/2022

Environmental Reporting to Jasper County Board of Health
For FY2023

Environmental Reporting	FY2023	Jul	Aug
Septic Eval & Inspections		12	18
Time of Transfer Inspections		8	9
New Water Wells		1	0
Plugged Water Wells		2	4
Water Tests		1	0
Pool/Spa Inspections		6	0
Tanning Facility Inspections		0	0
Tattoo Facility Inspections		0	1
Septic Tank Pumper Inspections		0	0
Nuisance Complaints		7	5
Rabies / Dog Bites		3	3
Radon Test Kits Sold		0	1
Any Issues or Complaints		0	0



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Jasper County

Families are on average open 4-6 months and receive on average 2-4 referrals for services out in the community.

Primary Reason for referral: Speech and Developmental Delays, Social Emotional Delays and Social Determinates of Health

Primary agencies 1st Five is referring to for Jasper County Families:

- Heartland AEA
- Pregnancy Center of Central Iowa
- Mercy One – Physical, Occupational and Speech Therapy
- Kinetic Edge – Physical and Occupational Therapy
- Capstone – Mental Health Services
- Ellipsis- IHH Services
- IMPACT – Community Action Services
- University of Iowa – CDD
- Parents as Teachers
- Local Preschool Programs

Year in Data for 1st Five

Number of Children 0-5 Served:

FY21 Year End	FY22 Year End
Appanoose: 9	Appanoose: 9
Clarke: 24	Clarke: 19
Decatur: 16	Decatur: 13
Jasper: 36	Jasper: 35
Lucas: 28	Lucas: 25
Marion: 47	Marion: 49
Monroe: 4	Monroe: 5
Poweshiek: 15	Poweshiek: 24
Ringgold: 18	Ringgold: 12
Wayne: 22	Wayne: 19
Total FY21: 219	Total FY22: 210



HHS Announces New Mission, Vision and Brand

(DES MOINES, Iowa) – Today the Iowa Department of Health and Human Services (HHS), formerly the Iowa Departments of Public Health (IDPH) and Human Services (DHS), announce their new mission, vision, guiding principles and agency brand.

These focal points for the new agency were developed through two years of work on the alignment effort including feedback from all-staff surveys, stakeholder and team member town halls and work sessions. The design elements of the new brand support the focus of the mission and vision and together, they commemorate a new beginning while invoking trust and stability.

“Team members and partners shaped the direction for these new key elements of our agency by providing diligent, compelling feedback and input. That has been true for all of our alignment work, and this launch is no exception. We are laser focused on sustaining, growing and building trust with Iowans, our stakeholders and our team – our new mission, vision and brand speak to that promise”, said HHS Director Kelly Garcia.

Over the next several months HHS will continue to approach the alignment transition with open conversations and transparency. Legacy IDPH and DHS social media channels will also merge this week. A new combined agency website will launch this fall. View the new look and feel of the brand [here](#).

For updates and more information on HHS view our alignment website [here](#).

Mission: Iowa HHS provides high quality programs and services that protect and improve the health and resiliency of individuals, families, and communities.

Societal Vision: Individuals, families, and communities are safe, resilient and empowered to be healthy and self-sufficient.

Organizational Vision: Iowa HHS is a trusted leader and partner in protecting health and providing high quality, equitable services.

Guiding Principles

Data-Driven: We make informed, data-driven, and evidence-based decisions to drive quality and improve results.

Accountability: We use public resources responsibly to improve lives through the programs and services we provide.

Integrity: We generate trust through honest, respectful, and reliable work that we can be proud of.

Equity: We actively identify and remove barriers to access and inclusion so that we can provide all individuals an opportunity to succeed.

Communication: We communicate in a thoughtful and coordinated way to ensure individuals are well informed about our work.

Collaboration: We facilitate meaningful partnerships that focus on the voices of the individuals and communities we serve.

Background on the Iowa Health and Human Services Alignment

There are extensive connections between Iowa’s public health and human services efforts to help all Iowans live safe, stable, and healthy lives. With this in mind, the Iowa Departments of Public Health (IDPH) and Human Services (DHS) began a joint investigation in October of 2020 to identify strategies to best align and integrate programs, practices, and policies of the two departments. This work included extensive outreach to department staff and community stakeholders to understand how HHS can improve delivery of services and most effectively leverage state and federal funding.

On June 14, 2022, House File 2578 was signed by Iowa Governor Reynolds, creating a Department of Health and Human Services and providing a one-year transition period for IDPH and DHS to merge current functions into the new department. The legislation requires the transition departments submit an initial written plan by September 30, 2022 detailing how functions will be merged.

To learn more about the background of the alignment, [click here](#). <https://hhsalignment.iowa.gov/>

Jasper County Policy Home Care Reimbursement

Jasper County Home Care Reimbursement Program was established to fill in the gaps of service for homemaker or home care aide services for permanent residents in Jasper County, Iowa. The objective of this funding is to prevent or delay unneeded placement in a facility or for those who need services that cannot be funded through any other source. The funds cannot be used to replace any other support systems, such as family members, friends, CDAC providers, or any other in-home service providers. Jasper County maintains a limited amount of funds, as allocated by the Jasper County Board of Supervisor, for the use of home care aide and homemaker services. The Jasper County tax funds is limited to homemaker or home care aide services.

Requirements for the program:

- Client must have medical need and is unable to perform services independently.
- Client must be 60 years of age or older or disabled with no other funding source available.
- Client and providers must have applied for all other funding sources including but limited to: Elderly Waiver, Health and Disability Waiver, and the Home and Community Based Waiver
- If clients are eligible for Medicaid or waiver and choose not to apply, funds will not be provided.
- Client must meet the household income requirements based at or below 150% of the annual Federal Poverty Level Guidelines
- Provide copies of all financial statements including income and liquid resource information. Examples: check stubs, bank statements, tax returns, social security and retirement benefits copies.
- Client must have less than \$2,000 in liquid resources and assets.
- Must submit the personal or agency application to the Jasper County Health Department for review of the application, copies of all financial documents, waiver applications and decisions before an approval is made.

Funding may be provided while waiting for Waiver approval. Funds are limited and no funding is guaranteed.

All home care agencies must fill out W9 paperwork with the Jasper County Auditor's Office prior to payment. Home Care Agencies must seek approval from Jasper County Home Care Reimbursement prior to providing services. Once approved, the client's paperwork will be sent to home care agency within 5 business days.

Maximum Reimbursement:

All approved Home Care Aide/Homemaker services will be limited to \$35/hour for a maximum of 2 hours a week, if needed, of direct services hours with the client present in the home.

No mileage or other expenses will be reimbursed.

Invoices should be submitted by the 10th of every month for the prior month's services detailing number of hours of service and total dollar amount requested.

Invoices can be mailed to Jasper Co. Health Dept. Attn: Melissa Gary, 315 W 3rd St N, Suite 100, Newton, Iowa or emailed to mgary@jasperia.org. No claims will be paid after 90 days.

Disclaimer: Jasper County Health Department is only the fiscal agent. We are not responsible for case management or any issues an agency encounters with a client. If the home care agency providing the services has any issues with a client's responsibility required for their agency's services, the agency will need to discuss that directly with the client, the client's family or the client's case manager. Jasper County is released from all liability related to homemaker and home care aide services.

2022 Federal Poverty Level Guidelines (F.P.L.)

Based on Annual Household Income

# In Household	50%	100%	130%	150%	175%	185%	200%
		<i>*HS/EHS</i>			<i>*LIHEAP</i>	<i>*WIC</i>	<i>*WAP</i>
1	\$6,795	\$13,590	\$17,667	\$20,385	\$23,783	\$25,142	\$27,180
2	\$9,155	\$18,310	\$23,803	\$27,465	\$32,043	\$33,874	\$36,620
3	\$11,515	\$23,030	\$29,939	\$34,545	\$40,303	\$42,606	\$46,060
4	\$13,875	\$27,750	\$36,075	\$41,625	\$48,563	\$51,338	\$55,500
5	\$16,235	\$32,470	\$42,211	\$48,705	\$56,823	\$60,070	\$64,940
6	\$18,595	\$37,190	\$48,347	\$55,785	\$65,083	\$68,802	\$74,380
7	\$20,955	\$41,910	\$54,483	\$62,865	\$73,343	\$77,534	\$83,820
8	\$23,315	\$46,630	\$60,619	\$69,945	\$81,603	\$86,266	\$93,260

FY23 Jasper County Health Department: Strategic Planning

Mission: Protecting and improving the health of Jasper County

Vision: Healthy residents and communities in Jasper County

GOALS

Complete In progress Not started

1. Move into the new building - met 7/19/2022
2. Complete projects in new building. Install immunization cabinets, labeling, table, and immunization chair, 8/2022
3. Implement health improvement plan for Jasper County
4. Inventory management of PPE stockpile and equipment- complete 8/2022
5. Mid-year goals review with staff complete.
6. Rebrand and publicize with new location - complete
7. School and daycare immunization audits-complete by January 2023 daycares, October 2022 schools
8. Expand Safe Kids- car seat checks, community activities.
9. Re-evaluate Homemaker reimbursement: 9/8/2022 BOH
10. Plan flu clinic and annual blood draws for Jasper County employees. (Meeting: 10/26/2022)
11. Update Emergency Preparedness plans
12. Combine all Jasper County Health and Human Services meetings into one meeting, Jasper County Cares- Goal 10/11/2022.
13. Combine distribution list for Jasper County Cares.
14. Continue working on health improvement plan in coordination with Jasper County Cares.
15. Continue staying up to date on new public health issues such as Monkey Pox, Polio, new COVID vaccine, etc.
16. Work on media plan for press releases and media.
17. Strategic planning for FY23 including goals and succession planning 9/8/2022 BOH
18. Develop a "How to guide" for Jasper County Health Dept
19. Continue learn more about Population Health
20. Evaluate merging immunization clinic with WIC clinic in the same location.
21. Complete LPHS audit- delayed due to changes at DHH.
22. Explore storage options for PPE
23. Discuss Board of Health members future plans, application
24. Keep updated with changes with HHS

Prepare for, Respond to, and Recover from Emergencies

Protect Against Environmental Hazards

Promote Healthy Living

Prevent Epidemics and the Spread of Disease

Prevent Injuries and Violence

Improve and Support Public Health Performance

Assure Access to Quality Health Services

What We Do to Fulfill Our Mission

Public health is a partnership of local public health, IDPH, non-profit organizations, health care providers, policymakers, businesses and many others working together to protect and improve the health of Iowans. Public health strives to improve the quality of life for all Iowans by identifying systemic and structural barriers, including social determinants of health, that result in health inequities among people in Iowa, and by assuring access to evidence-based population-health programs, services and activities in the following areas:

Prepare for, Respond to, and Recover from Emergencies

- Build public health and hospital capacity to prepare for, respond to and recover from emergencies such as disease outbreaks, epidemics and natural or man-made disasters.

Protect Against Environmental Hazards

- Monitor and regulate environmental health hazards.
- Monitor for environmental-related diseases.
- Protect Iowans from excessive exposure to radiation.

Promote Healthy Living

- Promote healthy living for all ages.
- Prevent and treat addictive behaviors such as alcohol, drug, tobacco and nicotine use, and problem gambling.
- Advance healthy eating and active living.
- Prevent and manage chronic disease.
- Prevent and treat dental disease while promoting positive oral health practices.

Prevent Epidemics and the Spread of Disease

- Monitor for diseases and infections.
- Detect and investigate diseases and infections.
- Provide disease prevention and control services, such as immunizations, or STD and HIV/AIDS screening and treatment.

Prevent Injuries and Violence

- Monitor for intentional (violent behaviors) and unintentional injuries.
- Support the EMS system and trauma programs.
- Provide education and services to prevent unintentional injuries.
- Provide education and services to promote the health of people with disabilities and to reduce the amount and severity of disability-related secondary conditions.
- Provide education and services to prevent violent behavior.

Improve and Support Public Health Performance

- Collect, maintain, analyze and distribute public health data.
- Assess and improve operational procedures and management systems.
- Assure an adequate and competent public health workforce.
- Build communication and information technology capacity.
- Support community assessment, planning and evaluation systems.
- Support local public health system development.

Assure Access to Quality Health Services

- License and regulate health professionals.
- Support health care system development.
- Assist in linking people to physical, mental and oral health services.
- Assess health service availability.
- Provide health-related services when they are not otherwise available.

Succession Planning

Iowa Department of Public Health
Bureau of Public Health Performance
<https://idph.iowa.gov/lphs/local-board-of-health>

Hello,

Today is the
tomorrow you
worried about
yesterday!

BENEFITS OF SUCCESSION PLANNING

1

Ensuring that the agency can continue community operations upon losing leaders to retirements or illnesses

2

Maintaining internal knowledge of operations and procedures

3

Providing leadership continuity in times of change

4

Lessening the risk of service disruptions in the community

5

Encouraging and engaging growing leaders to remain for career growth

6

Fostering diversity and inclusion in public health leadership

SUCCESSION PLANNING DEFINED:

A deliberate and systematic effort by an organization to ensure leadership continuity in key positions, retain and develop intellectual capital for the future, and encourage individual advancement.

A toolkit of resources is available to assist in handoffs for your public health office!



Contact:

Joy Harris or
Heather Bombei

joy.harris@idph.iowa.gov 515.452.2212
heather.bombei@idph.iowa.gov 515.745.4877



VOLUNTEER BOARD OF HEALTH MEMBER APPLICATION
MEMBERS MUST BE APPOINTED BY THE BOARD OF SUPERVISORS

OUR MISSION: PROTECTING AND IMPROVING THE HEALTH OF JASPER COUNTY
Must be a Jasper County resident.

Date:

Name:

Email:

Address:

Cell phone:

Gender: (We must have a gender balanced board)

Work experience:

Education:

Are you a current Board of Health member? If yes, how long? _____

Board of Health or Public Health experience:

Why do you want to serve on the Jasper County Board of Health?

What do you know about the Jasper County Board of Health and public health department?

What qualifications do you feel can be an asset to the Board of Health?

Is there anything else you would like the Board of Supervisors and the Board of Health to know?

PLEASE SUBMIT COMPLETED APPLICATION TO THE ADDRESS LISTED ABOVE.

THANK YOU FOR YOUR INTEREST IN SERVING JASPER COUNTY

Jasper County Board of Health Roster as of 1.1.2022

Margot Voshell, Chairperson

Term Expires: December 31, 2022

Member since 2010

Mike Balmer

Term Expires: December 31, 2023

Member since 2015

Dr. Andrew Cope, Medical Director

Term Expires: December 31, 2024 (BOS November 9, 2021)

Member since 2018

Donna Akins

Term Expires: December 31, 2023

Member since 2019

Julie Smith

Term Expires: December 31, 2025

Member since 1/2022

Jasper County Health Dept FY23

Public Health	July	Aug
Communicable Disease	4	7
TB medication per day	60	0
Immunization given	8	47
School Audits		
Daycare Audits		
Health Fair/Com Ed.- # people	150	35
Car seat installed	7	0
Promotions/Outreach		
Instagram impressions	250	266
Instagram followers	449	452
Facebook impressions	38261	33007
Facebook followers	4300	4300
Twitter impressions	23	11
Twitter followers	220	221
Media-articles,ad,mentions	8	4
Media reach: appr15,000	120000	60000
Radio ads- 4 weeks, 6 x a day +2 weeks= 252 times reach 60,000	10800000	1200000
Website reach	159	152
Billboard- impressions 4 weeks see panels	33956	33956
Home Care Aide - reimbursement		
Total Clients	10	10
Hours	38.25	34.25
Cost	\$1,147.50	\$1,027.50
# referrals	13	22
Grant billing		
Local Public Health Services	\$13,718	\$14,005
Emergency Prep- PHEP	\$3,274	\$1,088
Immunization grant	\$1,879	\$3,232
COVID tech	\$174	\$130
COVID equity	\$5,694	\$462
Total billed for month	\$24,738	\$18,916
COVID data		
COVID cases- new	261	289
COVID deaths- new	1	1
COVID vaccines in County - new	4291	
COVID at-home test distributed and rapid tests	3	4
COVID Vaccines total	59165	

Please join us

October 11, 2022

10:30 AM to noon

- Free lunch
- Networking
- New focus
- Combined meetings



Jasper County Cares Coalition

Location: Newton Schools Administration Bldg.
1302 1st Ave W, Newton, Iowa

**This is the one meeting you don't
want to miss!**

All organizations, schools, providers, and
anyone in the public is welcome to attend.

*Stronger
Together!*



Stronger Together! Jasper County Cares Coalition

Meeting dates
10:30 AM to noon

- Networking
- New focus
- Combined meetings

- Oct 11
- Nov 8
- Dec 13
- Jan 10, 2023
- Feb 14
- Mar 14
- Apr 11
- May 9
- Jun 13
- Jul 11
- Aug 8
- Sep 12
- Oct 10
- Nov 14
- Dec 12

This is the one meeting you don't want to miss!

Location: Newton Schools Administration Bldg. 1302 1st Ave W, Newton

What You Need to Know about Monkeypox if You are a Teen or Young Adult

Accessible link: <https://www.cdc.gov/poxvirus/monkeypox/teens-young-adults.html>

What is monkeypox?

Monkeypox is a rare disease.

- If you get monkeypox, you may have fever, chills, sore muscles, headache, or tiredness and then get a rash.
 - » Sometimes, you may get a rash first, followed by other symptoms.
 - » You might only get a rash without having the other symptoms. The rash may look like pimples or blisters.
 - » The rash is usually on the face, inside the mouth, and on other parts of your body like your hands, chest, and genitals.
- Even though you should get better in 2-4 weeks, you should see a healthcare provider as soon as you get symptoms that could be from monkeypox.
- If you have a weakened immune system (from HIV, cancer, an organ transplant, or other reason), are pregnant, or have other skin problems like eczema, you may become more severely ill from monkeypox.



How do you get monkeypox?

Monkeypox does not spread easily between people.



- You can get monkeypox from close, skin-to-skin contact with a person who has a rash or scabs from monkeypox.
 - » For example, this can include during hugging, cuddling, a massage, or close contact sports.



- It also includes contact with spit droplets during close conversation and kissing.
- It can also spread through sexual contact including touching the genitals, and oral, anal, or vaginal sex.
- You can also get monkeypox from contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.



What can I do to protect myself?

The best way to protect yourself from monkeypox is to avoid skin-to-skin contact with anyone who has a rash that looks like monkeypox.

If you know that a friend or family member has been diagnosed with monkeypox:



- Try to avoid contact with them if possible.
- If you must be within 6 feet of them, you should wear a respirator or well-fitting mask and they must wear a well-fitting mask.



- Do not share silverware or cups.
- Do not touch their sheets, blankets, towels, or clothing. If you do touch any of these things, you should wash your hands with soap and water or use an alcohol-based hand sanitizer.



If you are sexually active, talk to your partner about any recent illnesses. Be aware of any new or unexplained rashes on your body or your partner's body, including the genitals and butt. If you or your partner have recently been sick, currently have symptoms of monkeypox, or have a new or unexplained rash, do not kiss, cuddle, hug, touch each other's genitals, or have oral, vaginal, or anal sex.

What should I do if I think I have monkeypox?

If you have a new or unexplained rash or other symptoms of monkeypox, see a healthcare provider or your school health clinic. You can also visit a public health clinic. A public health clinic can be a good option if you don't have a regular doctor or insurance. Let the doctor or nurse know you are worried about monkeypox.

If you think you have monkeypox, cover all parts of the rash with clothing, gloves, or bandages, and wear a mask. Remember to:

- Avoid touching anyone until you have been to the doctor.
- If your test result is positive, follow your healthcare provider's recommendations.
- Wash your hands often and try not to touch your eyes. If you wear contact lenses, wear glasses instead, if possible, to avoid infecting your eyes.
- Stay in a space away from others until your rash has healed, all scabs have fallen off, and a fresh layer of intact skin has formed. This may mean wearing a mask around others in the place you live and cleaning and disinfecting frequently.
- You should try to avoid contact with pets and with people who are more likely to get very sick, like children under 8 years old, people who are pregnant, and people who have weakened immune systems or certain skin conditions.

If I have questions, who can answer them?

If you have questions and feel comfortable, talk to a parent or other trusted adult.

It's important to talk honestly with a healthcare provider about any concerns you may have about monkeypox, especially if you know you spent time with someone who had monkeypox. You can request time alone with a healthcare provider at your next visit to discuss your concerns in private.

