



To: All Clinicians
From: Jeremy T. Cushman, MD, MS, EMT-P, FACEP, FAEMS *J. Cushman*
Date: September 10, 2025
Re: Mpox

Additional cases of Mpox (formerly known as monkeypox) continue to appear sporadically across our community. While this may raise concerns, the risk to the general public and EMS personnel remains low. This communication is intended to advise EMS clinicians of this communicable disease and steps to take when encountering individuals with known or suspected Mpox.

What is Mpox?

Mpox is a viral illness similar to smallpox, but typically much milder. It requires close, prolonged contact for transmission. Most cases resolve without treatment, though symptoms can be uncomfortable.

How Does Mpox Spread?

Mpox is spread through:

- Direct skin-to-skin contact with the rash or lesions.
- Contact with contaminated materials, such as bedding or clothing.

It is not spread through casual contact or brief interactions.

Symptoms to Watch For

Patients may present with:

- Fever, chills, and fatigue
- Swollen lymph nodes
- A rash that progresses from flat lesions to raised bumps and blisters, often appearing on the face, hands, feet, or genital area.

Not all patients will have all symptoms, and some may only present with a rash.

Protection for EMS Personnel

To protect yourself:

- Use standard PPE: gloves, eye protection, and an N95 respirator if aerosol-generating procedures are performed.
- Practice good hand hygiene before and after patient contact.
- Disinfect equipment and surfaces thoroughly after transport.
- Avoid direct contact with skin lesions or bodily fluids.

If you suspect Mpox during a call:

- Utilize Pulsara to notify the receiving facility and clearly include in the Chief Complaint your concern for, or a known patient with, Mpox.
- Limit the number of personnel in contact with the patient.
- Follow isolation protocols as outlined in your agency's infectious disease procedures.

All cases of Mpox are reportable to the local Health Department and are monitored closely, to include contact tracing where appropriate. For additional information about Mpox, go to

<https://www.health.ny.gov/diseases/communicable/zoonoses/mpox/>

With any questions, please do not hesitate to contact this office.

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