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coronavirusplanningcontactus=sacredheart.edu@mg.regroup.com

Monkeypox Guidelines 8-18-22

Dear members of the Sacred Heart University community,

We want to share some information with you regarding the monkeypox virus and the process should there be cases on campus. As always, we will be following [CDC guidelines](#) and the advice of state and local health officials.

What is Monkeypox

According to the CDC, the monkeypox virus is part of the same family of viruses as smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal.

Symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)
- A rash that can look like pimples or blisters anywhere on your body

What to Do If You Experience Symptoms

As you can see, many of the symptoms are the same as those of COVID-19.

Students: If you experience any of the symptoms associated with either COVID or monkeypox, you should call health services at 203-371-7838 or use the [MyChart](#) app to make an appointment. You also can go to one of the [nearby urgent care centers](#) listed on our website. Until you see a medical professional or have received test results, you should avoid close contact with others and with pets. Telehealth video appointments may also be scheduled by calling or through MyChart. Whenever you schedule a Telehealth appointment, you will receive a Zoom link prior to the appointment.

Employees: You should stay home, contact your physician for further information/guidance and notify your supervisor of your absence. Until you see a medical professional or have received test results, you should avoid close contact with others and with pets. If you test positive and will be out for more than five days, please contact Sally Schettino in human resources.

What You Do if You Test Positive for Monkeypox

If you test positive, you will need to isolate at home until your health-care provider says you may come out of isolation.

What We Do if You Test Positive for Monkeypox

We will make arrangements to help you keep up with your classes while in isolation. In addition, we will deep clean your room, including bedding.

Monkeypox can spread more easily at places such as college campuses, which is why we are taking extra precautions. The good news is that our everyday activities such as teaching and going to class are extremely low risk. Having been through COVID the past few years, many of these precautions and processes are already in place, and we are committed to supporting students who contract monkeypox.

There are also things that we can all do to help mitigate the spread of monkeypox. As with COVID, we should remain vigilant about wiping down/cleaning our work and living spaces, washing our hands frequently and using hand sanitizer. All our hand sanitizer stations throughout campus remain in place.

More information about monkeypox is available on the [CDC website](#). There is also information [specific to teens and young adults](#).

We look forward to seeing everyone soon.

The Coronavirus Planning Team

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[SHU Coronavirus Website](#)

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