



Together we can end relationship abuse

MPX Technical Assistance Document

In the past few years, due to COVID-19, advocates and advocacy organizations have been called on to make huge shifts in all the ways they support survivors. Advocates have learned so much, and shifted to meet ever-changing needs, despite the long-term strain it has caused. We want to acknowledge and say thank you to advocates and organizations for being the leaders in supporting survivors, shifting how work environments are structured, and implementing countless, changing safety protocols.

As society navigates another health concern, we want to assure that the skills learned, and safety protocols implemented in the past few years are also applicable with MPX, and that advocates will continue to be supported with updated information as it becomes available.

Topic	Overview of what we know
Updated information	For up-to-date information please refer to: Colorado Department of Public Health & Environment Website
Language	<ul style="list-style-type: none"> • The most common names being used include MPX, MPV, MPVX, and Monkeypox Virus – all referring to the same virus. • Violence Free Colorado will be using the term MPX. <ul style="list-style-type: none"> ○ Why not use the term ‘Monkeypox’? ○ This name is misleading and perpetuates multiple forms of overlapping bias, oppressions and violence. <ul style="list-style-type: none"> ▪ Including racist stereotypes about its connection to Black people, Africa, and LGBTQIA2S+ people. ○ Learn more HERE <ul style="list-style-type: none"> ▪ Critics say 'monkeypox' is a racist name. But it's not going away anytime soon ▪ Advocacy Letter: NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE
Trauma-Informed Practices	<ul style="list-style-type: none"> • Similar to COVID-19, implement universal precautions. • Describe MPX as a legitimate public health issue that is relevant to all people. • Have the conversation with everyone, not specific communities (people of color, LGBTQ+). This limits bias in who we are approaching. • Provide people with fact- based messaging (contact, symptoms, etc.)

	<ul style="list-style-type: none"> • Provide resources that help people protect themselves and others. <ul style="list-style-type: none"> ○ Make sure you have a diverse pool of resources and information for how this may impact a variety of communities. • Use inclusive language such as ‘us’ and ‘we’. • Do not ask during screening or intake if someone has MPX or has been exposed to MPX. <ul style="list-style-type: none"> ○ Organizations that receive federal funding must support survivors, regardless of medical conditions. • Organizationally, discuss how to talk with each other and with survivors about MPX. <ul style="list-style-type: none"> ○ Have individual & collective reflection on possible biases & stereotypes held, and how to confront these.
<p>General MPX Information</p>	<ul style="list-style-type: none"> • MPX is in the same family as smallpox and is caused by a virus that can cause a severe rash. • MPX is transmitted by close contact with another person who has symptoms. <ul style="list-style-type: none"> ○ This means predominantly skin to skin contact with someone who has sores, bumps, or lesions. • Possible transmission could include touching items that have been in contact with sores, bumps, or lesions (for example bed linens or clothing). • Brief interactions at a grocery store or normal day-to-day interactions are not as likely to spread MPX.
<p>Symptoms</p>	<ul style="list-style-type: none"> • Is it NOT transmittable without symptoms. • In Colorado, an average of 7-8 days has been reported for symptoms to develop. <ul style="list-style-type: none"> ○ It can take 5-21 days to develop symptoms after exposure/close contact. • A rash may look like syphilis, herpes, blisters, or even acne. • Prior to a rash, some people may also have flu-like symptoms and swollen lymph nodes. • Most people recover within 2-4 weeks. • Someone who has been exposed does not need to isolate unless symptoms develop. • To reduce exposure to non-symptomatic residents, programs should consider dedicating specific rooms or spaces in the shelter for folks that are symptomatic.
<p>What to do</p>	<ul style="list-style-type: none"> • Support eligible communities to get vaccinated by finding a Vaccine Locations

<p>What to do</p>	<ul style="list-style-type: none"> ○ Anyone (any sexual orientation or gender identity) who has had close physical contact with someone who has MPX in the last 14 days. ○ Anyone (any sexual orientation or gender identity) who: <ul style="list-style-type: none"> ▪ Has multiple or anonymous sexual partners; or ▪ Has close physical contact with other people in a venue where anonymous or group sex may occur; or ▪ Was diagnosed with gonorrhea or syphilis in the past six months; or ▪ Is living with HIV; or ▪ Already uses or is eligible for HIV PrEP (medication to prevent HIV, e.g. Truvada or Descovy or Apretude); or ▪ Engages in commercial and/or transactional sex (e.g. sex in exchange for money, shelter, food, and other goods or needs). ○ Anyone (any sexual orientation or gender identity) identified by public health as a known high-risk contact of someone who has MPX. ● Anyone with MPX symptoms, which typically includes a rash or lesion, is encouraged to connect with their health care provider for testing. <ul style="list-style-type: none"> ○ What to do if you think you have MPX ○ If you do not have a health care provider, find a local testing location: CDPHE testing locations ○ Have a trauma-informed lens as to why accessing a health care provider can be a barrier for some communities. <ul style="list-style-type: none"> ▪ Health Equity Animated: Race ● It may be appropriate to reduce the number of staff on site during this time. See below for additional considerations related to this.
<p>Cleanliness and Cleaning Protocol</p>	<p>MPX can live on surfaces, like counters, tables, light switches, and other objects like sheets and towels, for weeks. In communal living, do your best to clean anything in rooms shared with others, like kitchens or bathrooms.</p> <ul style="list-style-type: none"> ● Household disinfection following a diagnosis of MPX list ● Wet cleaning methods are preferred (disinfectant wipes, sprays and mopping). ● Clean and disinfect surfaces frequently- specifically ones that are commonly touched. ● Cleaning products used for COVID-19 are also adequate for MPX. ● Wash hands frequently with soap and water. ● Use alcohol-based hand sanitizer. ● When cleaning common spaces and packing belongings, wear masks and use gloves.

	<ul style="list-style-type: none"> • MPX can be airborne and inhaled if linens or clothing are shaken <ul style="list-style-type: none"> ○ When bagging items, DO NOT push air out of a bag, just tie it up. ○ Fold linens gently and then place them in their own trash bag. • People should do their own laundry, when possible, and wash with detergent in hot water and dry on high heat.
<p>If someone tests positive</p>	<ul style="list-style-type: none"> • A public health official will contact them. • Avoid physical contact with other people and pets while a person is recovering. • Only in emergencies, if a person needs to be around other people, cover rash and wear a mask over nose and mouth around people and pets. • Use a separate bathroom and keep personal/hygiene items separate. • Shelter staff should work with residents on meal prep and mealtimes to decrease interaction. • Wash eating utensils and dishes immediately after each use. Use soap or warm water or run them through the dishwasher.
<p>Isolation Protocol</p>	<p>An isolation protocol with MPX is very similar to COVID-19 isolation plans that were/are put in place in advocacy organizations.</p> <ul style="list-style-type: none"> • Isolation following a MPX diagnoses Document • A person experiencing symptoms should isolate themselves while waiting for testing or test results. • Isolation could take two to four weeks; until the rash has fully healed, scabs have fallen off, and a fresh layer of healthy skin has formed.
<p>Utilizing Hotel Funding</p>	<ul style="list-style-type: none"> • Advocate for survivors: Some hotels have started to screen individuals for communicable diseases, but it is important to remember that individuals with communicable diseases use hotels often without disclosing these health concerns. This situation is not any different, survivors can choose to disclose or not disclose. • Programs should be prepared to provide resources to survivors as they typically do (hotel, other DV shelter, other short term housing resources). • Programs are encouraged to collaborate and work with community partners that may be able to fund hotel stays – examples of resources that may support with this can include but are not limited to family resource centers, housing and homelessness organizations, and others; some programs may also have internal funding, such as

	<p>VOCA and/or DVP Flex Funding, that may be able to accommodate hotel stays for survivors and their family members.</p> <ul style="list-style-type: none"> • Create partnerships with hotels in the community – these can be useful in time of communicable diseases as well as an alternative to sheltering in other instances as well. <ul style="list-style-type: none"> ○ Explain how your program support survivors with payment, if applicable, and what hotels can expect when partnering with survivors and domestic violence programs. ○ You could suggest they offer to waive cleaning fees and provide the survivor with supplies to do this themselves upon move out, like many shelter expectations. It never hurts to ask! ○ Designate a person in your program and in hotel to support with confidentiality, streamlining, establishing a protocol for working with DV programs and survivors. ○ Normalize that hotels are always a place of transition for folks and to follow same guidelines on cleaning.
<p>Flexible Funding</p>	<p>Programs are encouraged to use flexible funding to access hotel accommodations for survivors if you are not able to bring new residents into shelter, if survivors need additional social distancing and isolation precautions, and/or if other housing options are unavailable.</p>
<p>Reducing Shelter Staff</p>	<ul style="list-style-type: none"> • Programs may need to reduce and/or stagger the shelter staff so there are fewer people on the property at one time. • Programs are encouraged to cross-train other program staff, especially those who are not immune-compromised, to cover shelter shifts. • It may be appropriate to additionally compensate staff doing shelter work during this time. This could look like dedicated self-care time, increased pay, time off, flexibility in scheduling, etc. – think equity rather than equality.

Tips for difficult conversations about MPX

- Address any biased, racist, homophobic or transphobic language survivors may use regarding MPX.
- Survivors can learn new information even when they are in our services.
- Provide educational resources on why the term MPX is used. This can include short blurbs around your offices or service locations.

Validate

- "I know this may be new information"
- "It's hard to know what words to use sometimes"
- "Learning about MPX can be very scary"

Engage

- "Here's what we know.. MPX can impact all communities and is not isolated to the LGBTQ+ community"
- "We know the history of the name is highly offensive."

Request

- "We do ask that during your stay you do not make hurtful, biased comments about ..."
- "We do ask that during your stay you respect all people."
- "We do ask that you correct yourself after saying something harmful"

*This VER model was adapted from the VCR communication model used within family therapy.

Sample Script:

As with all communal sicknesses (Organization Name) is committed to do all we can to support the health and safety of our shelter residents, staff and volunteers. We ask that everyone wash their hands with soap and warm water frequently, disinfect communal areas after use, keeps all their personal hygiene items with their belongings and wash their dishes with soap and water (or a dishwasher) immediately after using them.

Additional Questions/Considerations:

- Do you have any questions or concerns?
- What support or accommodation might you and/or your family need given this information?

Contact us: info@violencefreeco.org

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Learn more: www.violencefreeco.org