MPX and young children

Monkeypox (MPX)

Monkeypox (MPX) is still a rare disease in Minneapolis. Public health is monitoring the situation closely and does not currently have concerns for young children, however, there have been several pediatric cases linked to this current epidemic.

While we are not currently concerned about children as a group and MPX, we do recognize that young children may be around people with MPX and would like to offer these recommendations to help us all prepare to keep kids healthy.

MPX spreads primarily through contact with the rash (pustules) as well as contact with household surfaces, especially porous surfaces like towels or bedding that an infected person has used. While the current epidemic is concentrated among men who have sex with men, it is not a sexually transmitted disease. It is important to not shame anyone with this infection nor assume how it was contracted.

If a child lives with someone who is isolating with MPX

The child should avoid the person with monkeypox until the rash is gone, the scabs have fallen off, and a fresh layer of skin has formed.

The child should not share potentially contaminated items like bedding, clothing, towels, wash cloths, drinking glasses or eating utensils.

The child should be helped to use good handwashing habits with soap and water or hand sanitizer with at least 60% alcohol.

Adults at home with the child can help the child stay safe

Have the child sit or play on surfaces that can be laundered, like a blanket over a sofa or chair.

Clean and disinfect commonly touched surfaces like counters and toilets using an EPA-registered disinfectant.

Don’t mix laundry of someone with MPX with people without MPX.

Adults can also help limit the spread of MPX in the home

The person at home with the infection should cover the skin rashes as much as possible by wearing long sleeves or long pants, gloves, etc.

Adults who help the infected person change bandages or bedding should wear disposable gloves and wash their hands right after taking off their gloves.

If possible, the infected person should also wear a mask when interacting with others.

For more information, check out the State Health Department’s page on monkeypox at: https://www.health.state.mn.us/diseases/monkeypox/basics.html. You can also email MHDEpi@minneapolismn.gov to talk to an epidemiologist in the Minneapolis Health Department.