

Mpox (Monkeypox) Considerations for Children and Adolescents

To date, mpox (monkeypox) infection remains rare in children and adolescents, although it is still possible. Mpox spreads most commonly through direct contact with the rash or scabs from a person with mpox, including sexual contact.

Mpox is unlikely to spread by sitting near someone in the classroom, office, or auditorium, and there is no evidence of transmission in school settings. It is more likely to spread through close household contact and other close contacts of an infected person.

Most athletes will have low risk of mpox if they are fully clothed, even if their sport involves direct contact. Some low-risk sports include soccer, football, or volleyball. The risk of transmission is higher for those playing **sports that include more prolonged skin-to-skin contact due to the nature of the sport or uniform, such as wrestling.** Coaches and athletic directors should continue to follow the [Oregon School Activities Association \(OSAA\) standard protocols](#) to reduce transmission of all skin infections among wrestlers, including mpox.

Remember, **anyone can get mpox.**

It is also important to remember that children and adolescents commonly develop rashes that are not mpox, such as hand, foot, and mouth disease, acne, bug bites, or allergies. Always talk with youth about mpox in a way that [fights stigma](#) and reduces [bullying](#).

Even though risk of mpox transmission is very low, we recommend you continue to follow everyday practices to **reduce the spread of all infectious diseases by:**

- staying home when you're [sick](#) or if you have a new or unexplained rash until the rash can be covered or a health care provider says you can leave home.
- ensuring everyone has access to working handwash stations including soap and water, or hand sanitizer with at least 60% alcohol.
- cleaning and disinfecting commonly shared spaces, surfaces, and items.

- setting up private spaces to keep sick children away from others until a health care provider has given further instructions.
- providing adequate personal protective equipment (PPE) for staff involved in the care of a sick child.

If you have a staff member or child that has mpox within your facility:

- **Contact your local public health authority for additional guidance and assistance:** They will help identify and contact close contacts and help determine whether post-exposure prophylaxis (PEP) vaccination may be necessary. Work with your local public health authority as needed for contact tracing.
- **Communicate appropriately and fight stigma:** Only notify students, staff, or volunteers who have intermediate- to high-risk [exposures](#). Your local public health authority will help you identify who should be notified. People who do not have a known exposure to mpox do not need to be informed of a case in the school or facility. When you communicate, use only fact-based information and avoid specifics that may inadvertently disclose protected health information or introduce [stigma](#).

For additional information:

Resources on general mpox infection control:

- [OHA How and When to Isolate at Home](#)
- [CDC Considerations for Reducing Mpox Transmission in Congregate Living Settings](#)
- [CDC Schools, Early Care and Education Programs, and Other Settings Serving Children or Adolescents](#)
- [CDC Toolkit for Institutions of Higher Education](#)
- [CDC What To Do if You are a Close Contact of a Person With Mpox](#)

- [Oregon Department of Education Communicable Disease Guidance for Schools](#)
- [New York City Department of Health and Mental Hygiene FAQs on Preventing and Responding to Mpox in Schools, Child Care Settings and After-School Programs](#)
- [Illinois Department of Health Interim Guidance for Schools](#)

Resources on proper sports hygiene for wrestlers:

- [OSAA Infection Control](#)
- [OSAA Infection Control Checklist for Preventing Skin Infections Among Wrestlers](#)
- [National Federation of State High School Association Wrestling Rules Book on Communicable Skin Conditions](#)
- [CDC Guidance for Coaches and Athletic Directors on Reducing Transmission of MRSA Among Wrestlers](#)

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