



What should you do?

- ✓ Know the symptoms
- ✓ Watch for symptoms
- ✓ See a doctor or nurse if you have symptoms

What are the symptoms of mpox?

Mpox (monkeypox) infections usually start with flu-like symptoms, including:

- Fever or chills
- Swollen lymph nodes
- Intense headaches
- Muscle aches
- Joint pain
- Back pain
- Fatigue

One to five days later a skin rash appears, with blisters that can appear on hands, feet, mouth, and/or genitals. The rash may start in one place and spread to other parts of the body, and eventually will form scabs that will fall off.

Sometimes, symptoms are different than the usual presentation, please see a doctor or nurse if you have any symptoms.

Symptoms can last two to four weeks.

How is mpox spread?

Mpox can be spread through:

- Contact with sores and blisters, including scabs
- Contaminated items like bedding, towels or sex toys that have mpox virus on them
- Respiratory droplets such as coughs and sneezes during close, face-to-face contact over several hours

Although mpox is not known to infect people through sex, when sexual activity involves close contact, the risk of an infection increases.

Most of cases in Canada are happening through close contact between men having sex with men. However, any person who has close contact with a mpox case could catch it. Symptoms can start five to 21 days after exposure to the virus.

Stigmatizing people because of a disease is NEVER okay. Anyone can get or pass on mpox, regardless of their sexuality.

What should you do if you have symptoms of mpox?

If you develop symptoms of mpox, please see a healthcare provider who can arrange testing or treatment. Testing is important to help control the risk of someone else becoming sick. Tell the healthcare provider ahead of time that you think you might have mpox.

While you have symptoms, do the following to prevent spreading mpox to others:

- Wear a mask.
- Do not share towels, clothing, sheets, or other things that have touched your skin.
- Don't get close to others, including people you live with. Do not have sexual contact with others.
- Clean your hands, and objects and surfaces that you touch regularly.
- Keep any sores or blisters covered as much as possible (e.g. wear long sleeves and long pants).

Public Health contacts all people who have possible and confirmed cases of mpox, and their close contacts. They provide information about ways to stop the spread, and guidance on vaccination for those who are at higher risk of infection.

If you have been in close contact with a person with a mpox infection, monitor for symptoms.

Can mpox be treated?

- Most people with mpox have mild symptoms which will go away after two to four weeks.
- Treatment for mpox is usually to try to control symptoms (e.g. fever, dehydration, any other infections that could develop).

Who may be more at risk of severe disease?

- People who are immunocompromised
- Young children
- People who are pregnant



Why are men in 2SLGBTQIA+ communities more at risk for mpox?

Viruses like mpox spread through contact in social networks. Some 2SLGBTQIA+ men are part of social networks that cross countries. This includes travel to large gatherings, which may explain why mpox is visible in these communities right now. Many men in these

networks are active in protecting their health, including getting tested for sexually transmitted infections (STIs). This may have led to earlier detection of the outbreak in 2SLGBTQIA+ communities, and outbreaks may also be found in other communities.