

# Monkeypox Facts

## About monkeypox

Monkeypox is a viral infection with a rash that may be painful. Most people recover on their own after a few weeks. In rare circumstances, people can become very sick and could die.

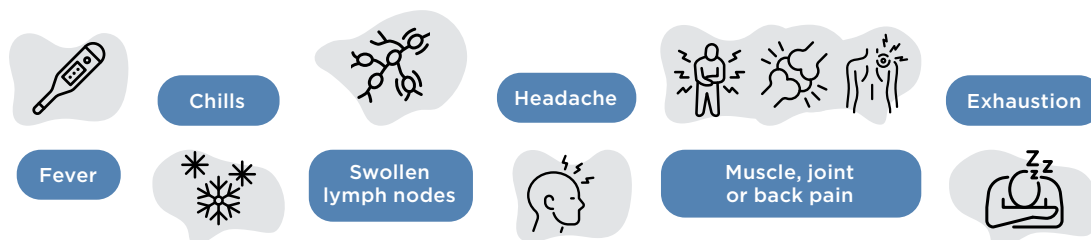
## Symptoms

Symptoms usually develop 5 to 21 days after being exposed to monkeypox. Symptoms typically last 14 to 28 days.

Symptoms include a rash or sores that could affect any part of the body such as:

- Mouth
- Genitals
- Around the anus
- Face
- Arms and legs
- Hands and feet

The rash or sores can be accompanied by general symptoms such as:



People who have monkeypox are contagious from the onset of first symptoms until the scabs have fallen off on their own and the skin is healed.

## Getting tested

You may be advised to get tested for monkeypox based on a combination of factors, such as:

- Signs and symptoms.
- Risk factors such as exposure to a case or travel history.

Contact a health care provider for more information.



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## Vaccines and treatment

The vaccine Imvamune® is authorized by Health Canada for immunization against monkeypox, in adults 18 and older who are at high risk of exposure. The National Advisory Committee on Immunization recommends a vaccine dose may be offered to individuals with high risk exposures to a probable or confirmed case of monkeypox, or within a setting where transmission is happening. This vaccine dose should be offered as soon as possible, ideally within 4 days of exposure, but may be considered up to 14 days of last exposure. Provinces and territories determine their immunization programs based on their unique circumstances. Contact your local public health authority to learn more.

Treatment for monkeypox is mainly supportive and includes wound care, pain control, and treatment of bacterial superinfections and other complications. Cover sores with clothing or bandages. Hands and surfaces should be disinfected after cleaning and covering sores.

## How monkeypox spreads

Monkeypox can spread from person to person through contact with the lesions or scabs that may be found on the skin or mucosal surfaces (such as the eyes, mouth, throat, genitals, anus, or rectum) of someone who has monkeypox.

It may also be possible for it to spread through:

- ③ Contact with bodily fluids, such as blood, saliva, and semen.
- ③ Sexual activity, including oral and non-penetrative contact
- ③ Direct contact with shared personal items, such as sex toys, clothing, bedding, towels and toothbrushes.
- ③ Respiratory particles from talking, breathing, coughing or sneezing, during close contact (but we're still gathering information on that at this time).

We don't know yet if someone who has the virus but has no symptoms can spread it to others.

Close contact with someone who is contagious increases the risk of transmission. For example:

- ③ During sexual contact (including oral and other non-penetrative contact such as touching, massaging, kissing, or hugging).
- ③ When providing care.
- ③ When living in the same household.

An infected pregnant person may also pass on the virus to their developing fetus through the placenta, which can lead to congenital monkeypox.

## Risks of getting monkeypox

While most cases reported in Canada in this outbreak are among men who reported sexual contact with other men, monkeypox is not exclusive to any group or setting. Regardless of sex, gender, sexual orientation, socio-economic status or race, anyone can get infected with or spread monkeypox. We continue to learn more about monkeypox, and more information will be shared when it's available. When it comes to talking about any infectious disease, stigmatization can lead to a misunderstanding of risks and negative health outcomes.

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## Preventing the spread of monkeypox

You can help reduce your chance of getting monkeypox with the following measures:

- ③ Get vaccinated if eligible.
- ③ Use condoms.
- ③ Practise safer sex, including limiting your number of sexual partners.
- ③ Talk openly with sexual partners about your sexual health history and theirs. Be aware of any new or unexplained sores or rashes on your or your partner's body, including the genitals and anus.
- ③ Avoid close physical contact, including sexual contact, with someone who is infected with or who may have been exposed to monkeypox. Minimize skin to skin contact, including at events and venues with a lot of close physical contact, such as parties, raves, and clubs.

You can help reduce your chance of getting or spreading monkeypox with the following public health measures:



Stay home and limit contact with others if you have symptoms or are sick.



Cover coughs and sneezes, and wear a well-fitting medical mask when around others.



Clean and disinfect high touch surfaces and objects

## If you have monkeypox

Stay home, isolate from others and consult the resources of your local public health authority if you have monkeypox.

- ③ Continue to follow the instructions of your local public health authority on isolation, including the length of time they recommend. The isolation period usually ends when the rash has healed and all the scabs have fallen off on their own and the skin is healed. Isolate in a separate space from the rest of your household, and avoid leaving your home unless you need urgent medical care. Until your sores are fully healed, you're still able to infect those around you. It may take up to 28 days for the rash to heal.
- ③ Avoid contact with people, especially those who are vulnerable such as children under 12, individuals with weakened immune systems, and pregnant people.
- ③ Avoid directly touching people, including through sexual contact. When your isolation period is over, wearing a condom during any sexual contact, including oral and non-penetrative contact, is recommended. At this time, there is little data to support the length of time individuals need to wear condoms. As we continue to learn about monkeypox in the context of transmission through sexual contact, recommendations will be updated.
- ③ Avoid contact with pets and other animals, as monkeypox can spread from human to animal.
- ③ Avoid sharing personal items. Handle your own laundry and utensils, unless you're unable to do so.
- ③ Wear a well-fitting medical mask when around others.
- ③ Clean your hands and cover coughs and sneezes.
- ③ Clean and disinfect all surfaces and objects that you've had contact with.
- ③ Do not donate blood or any other bodily fluids (including sperm) or tissue.
- ③ Postpone non-urgent medical visits and procedures.
- ③ Seek advice from a health care provider if you're breastfeeding.

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## Providing care at home to someone with monkeypox

Ideally, only one person in the home should provide care to someone who is in isolation. The caregiver should not be someone who is considered vulnerable.

When caring for the person in isolation, the caregiver should:

- ③ Watch for signs and symptoms of monkeypox for 21 days since their last exposure to the person they're caring for. If symptoms develop, the caregiver should immediately isolate, and follow the instructions of their local public health authority.
- ③ Avoid close physical contact with the person they're caring for.
- ③ Avoid contact with personal items of the person they're caring for. If this is not possible, they should use precautions to avoid skin contact with the personal items.
- ③ Frequently and properly clean their hands, and frequently clean and disinfect high-touch surfaces and objects.

If the caregiver can't avoid close contact with the person they're caring for, they should:

- ③ Wear a well fitting-medical mask.
- ③ Wear disposable gloves and cover exposed skin with long clothing when in direct contact with lesions.
- ③ Immediately remove and wash clothes after providing care to prevent infecting themselves or others, or contaminating surfaces and objects.
- ③ Follow recommendations on hand and environmental hygiene.

## If you've been exposed

Consult the resources of your local public health authority if you may have been exposed to someone with monkeypox. Your local public health authority may also notify you if you've been exposed to someone with monkeypox. They will provide you with instructions on what to do. Instructions could vary depending on your exposure risk level.

In some instances, you may be instructed to get tested for monkeypox or go to a vaccination clinic to receive a vaccination.

Unless you have been instructed otherwise, you can continue routine daily activities, while taking some precautions for 21 days after you've been exposed:

- ③ Self-monitor for symptoms of monkeypox.
- ③ Avoid taking medications that are known to lower fever, as they may mask an early symptom of monkeypox. For example, acetaminophen, ibuprofen, and acetylsalicylic acid.
- ③ Continue to cover coughs and sneezes and clean your hands regularly.
- ③ Reduce your number of sexual partners, particularly those who are anonymous, and use condoms and other safer sex practises.

If symptoms develop, isolate immediately, and follow the instructions of your local public health authority.

### For more information:

[canada.ca/monkeypox](https://canada.ca/monkeypox)