

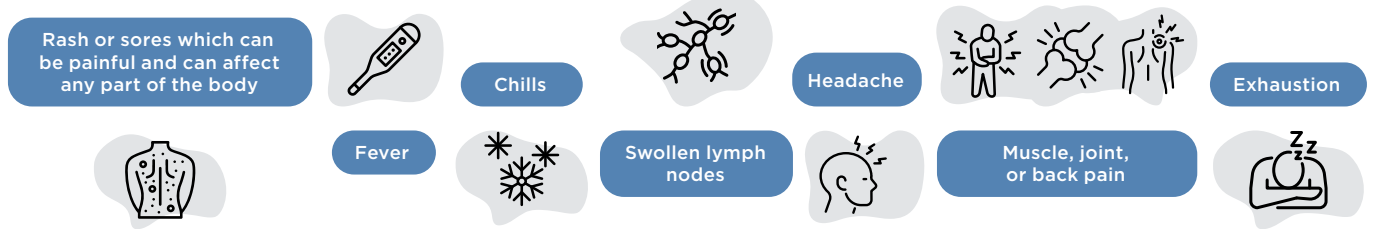
Monkeypox Facts

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.

Symptômes

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



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.

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:

Contact with bodily fluids, such as blood, saliva, and semen.

Sexual activity, including oral and non-penetrative contact

Direct contact with shared personal items, such as sex toys, clothing, bedding, towels and toothbrushes.

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

Anyone can get or spread monkeypox

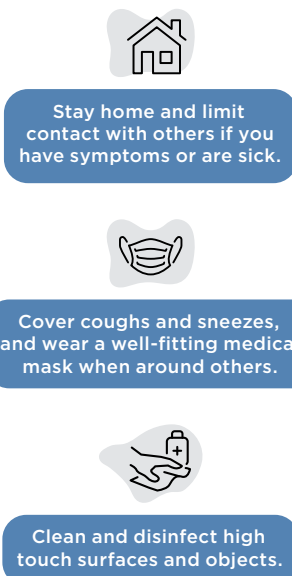
While most cases reported in Canada in this outbreak currently are among men who reported sexual contact with other men, monkeypox is not exclusive to any group or setting. Regardless of sex, gender, sexual orientation, socio-economic status or race, anyone can get infected with and spread monkeypox. 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.

Prevent the spread of monkeypox

Les mesures suivantes permettent de réduire le risque de contracter la variole simienne :

- 1 Get vaccinated if eligible.
- 2 Use condoms.
- 3 Practise safer sex, including limiting your number of sexual partners.
- 4 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.
- 5 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:



If you have or think you have monkeypox

- If you have monkeypox, stay home, isolate from others and consult the resources of your local public health authority. Follow your local public health authority's advice, including on isolation and the length of isolation time they recommend.
- If you've been exposed, consult the resources of your local public health authority, and follow their instructions on what to do.

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.

Vaccines

A vaccine may be offered to people with high-risk exposures to a probable or confirmed case of monkeypox, or within a setting or community where transmission is happening. Contact your local public health authority to learn more.

For more information on monkeypox: canada.ca/monkeypox