



Mpox

(previously known as Monkeypox)

Fact Sheet

What is mpox (previously known as *monkeypox virus*) and what are the symptoms?

- Mpox is a rare viral illness that is usually mild. It is related to smallpox, which was declared eradicated world wide in 1980.
- Animals can be infected such as rodents and non-human primates; it can be transmitted from animals to humans or from humans to humans.
- In the spring of 2022, confirmed mpox virus cases were reported in over 20 countries including Europe, the United Kingdom, Canada and the United States, with no direct travel links to mpox endemic areas in Central and West Africa.
- Initial symptoms include fever, chills, headache, swollen lymph nodes, muscle pain, and fatigue, usually followed one to three days later by a rash or sores on the palms of the hands, on the soles of the feet, inside the mouth, and/or on the genitals. In some cases, the rash is the first symptom.
- Most people recover from mpox on their own after two to four weeks; however, severe illness can occur, more commonly among children under the age of 12 and individuals who are pregnant or immunocompromised.

How does mpox spread?

- Mpox can spread from person-to-person through respiratory droplets or through close, physical contact with the rash, bodily fluids, and/or scabs.
- Mpox can also spread by touching materials and objects such as clothing, bedding, towels, eating utensils and dishes that may be contaminated.
- In addition, mpox can spread from someone who is pregnant to the fetus, or from a parent to a child during or after birth.
- An individual with mpox is considered infectious from the moment their symptoms appear until all rashes have scabbed, fallen off, and new skin is present.

What should I do if I may have been exposed to mpox?

- Notify Hastings Prince Edward Public Health Infectious and Communicable Diseases Program at 613-966-5500 Ext 349 and follow their guidance.
- Monitor for signs and symptoms of mpox for 21 days from the day of your last exposure to the person with suspected or confirmed mpox.
- You are not considered infectious until you have symptoms.
- Consider wearing a mask (medical mask preferred) when you are in indoors with other people.
- Avoid non-essential interactions with people at higher risk of severe mpox illness.

How do I self-isolate if I have been exposed to mpox and develop symptoms?

- You must self-isolate immediately from the day your symptoms start. This means stay home.
- If you live with other people, isolate in your own room and use a separate bathroom if possible.
- Do not have visitors to your home unless it is an essential visit.
- You should remain in isolation and avoid contact with unaffected individuals until the rash has healed, the scabs have fallen off and a fresh layer of skin has formed, OR your test results show that you do not have mpox.
- Cover lesions / scabs with bandages/dressings or clothing (e.g. long sleeves or pants). **cont'd**

- If you need to be around others, a surgical mask should be worn in addition to covering all lesions.
- Do not leave your home unless you are seeking medical care. Tell your healthcare provider of your mpox status before your appointment. If possible, avoid public transportation. If not possible, cover all lesions and wear a medical mask. Keep windows open if you are travelling in a vehicle.
- Wash hands often with soap and water, especially after changing bandages and dressings.
- Avoid sharing household items including dishes, glasses, cups, eating utensils, towels and bedding.
 - Items should be washed with soap or detergent in warm water after use. No special soap is needed.
 - Dishwashers and washing machines can be used.

How do I care for my pets if I have mpox or symptoms of mpox?

- Avoid contact with household pets if possible, as well as any contact with wild animals.
- Keep your pets in the home. If possible, ask someone in the home who is not sick and has not been exposed to care for the pet. This is especially important for rodents, rabbits and non-human primates.
- Avoid close or prolonged contact with pets, for example, avoid touching, snuggling, and kissing animals, especially if you have unhealed sores on the face, hands, or arms.
- Take precautions when providing care for pets, for example, wear a mask when in the same room as any pet, especially if you have sores in the mouth, or you are coughing/sneezing.
- Wash hands with soap and water or use an alcohol-based hand rub immediately before and after touching pets, their food or supplies; if you have a rash/sores on your hands and must touch an animal, wear disposable gloves to avoid potential disease transmission.
- Any person who may have been exposed to mpox should not work with wildlife, livestock, or poultry until they are advised by their physician or public health unit that they don't pose any risk for further transmission of the virus.

Who should get the mpox vaccine?

- Imvamune® is a smallpox vaccine that is effective against mpox. If recommended by a health care provider or Public Health, it may be given to individuals who have been exposed to a confirmed case or to individuals who are at high risk of contracting mpox.
- Review the [Monkeypox Vaccine Information Sheet](#) and the HPEPH [Imvamune Vaccine Fact Sheet](#)

Remember:

- Always use condoms as they will help to keep you from getting an infection.
- Get tested yearly for syphilis, HIV, chlamydia and gonorrhea, or more often if you
 - are a man who has sex with other men
 - have multiple partners
 - use / share needles
 - exchange sex for money, food, or shelter, or are homeless
 - are a sex trade worker or client

References

[Ministry of Health Infectious Disease Protocol](#) – Smallpox and other Orthopoxviruses including Monkeypox
[Mpx Vaccine Information Sheet](#)

Other Questions?

Talk to your health care provider or call our Infectious and Communicable Disease Program at 613-966-5500 x349. Toll Free 1-800-267-2803 | TTY Dial 711 (1-800-267-6511) | www.hpepublichealth.ca

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