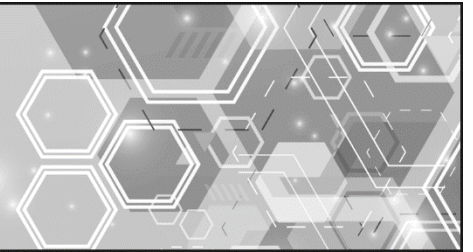




Durham Region Health Department Facts about...



Mpox

What is it?

Mpox (formerly known as monkeypox) is an illness caused by the monkeypox virus.

Mpox is typically mild and self-limiting, with most people recovering within two to four weeks. However, severe illness can occur in some individuals.

How is it spread?

Mpox virus enters the body through broken skin, the respiratory tract, or the mucous membranes (eyes, nose, or mouth).

Spread can occur when a person comes into close contact with:

- Mpox skin lesions, scabs, and bodily fluids, particularly through sexual contact.
- Respiratory secretions (e.g., when a person coughs or sneezes).
- Materials (e.g., bedding, towels, clothing) used by a person with mpox infection.
- Mother to fetus or after birth by close contact.

What do I look for?

Symptoms can occur after contact with a person with mpox anywhere between from 5 and 21 days from infection to start of illness, then 1-3 more days to start of rash.

Early symptoms of mpox may include:

- headache
- fever
- chills
- sweats
- swollen lymph nodes
- muscle pain
- fatigue
- sore throat

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Symptoms that usually appear 1 to 3 days later are:

- rash or sores on the palms of the hands or on the soles of the feet
- rash or sores inside the mouth
- rash or sores on the genitals or inside or around the anus or rectum
- pain or bleeding from the anus or rectum

Who should be tested?

Individuals with signs and symptoms of mpox, especially those with a high-risk exposure to a person with mpox infection should be tested. Contact your health care provider for assessment and testing. Individuals who are tested for mpox should [self-isolate](#) at home until results are received.

What is the treatment for mpox?

For mild infections, most people will recover on their own within two to four weeks with supportive care including rest, fluids, and pain relievers.

Tecovirimat (TPOxx®) has been approved by Health Canada to treat very sick patients in hospital with mpox.

There is a vaccine (Imvamune®) authorized in Canada for protection against mpox for certain at-risk populations. Imvamune® is a two-dose series, given 28 days apart. People with a history of smallpox vaccination have some cross-protection against mpox.

How can I protect myself?

- Wash your hands thoroughly with soap and water or use hand sanitizer when hands are not visibly dirty.
- Cough or sneeze into your elbow and encourage others to do the same.
- Wash your hands after handling nose or throat secretions (e.g., after disposal of facial tissues).
- Do not share personal items such as water bottles, straws, eating utensils, cigarettes, toothbrushes, linens, clothing, or anything else that has been in contact with saliva, nose, or throat secretions.
- If you are ill, stay at home and [self-isolate](#).
- Clean hands, objects, surfaces, bedding, towels, and clothes regularly.
- Avoid contact with people who are sick.
- If eligible, get Imvamune® vaccine. Imvamune® is recommended for individuals at higher risk of mpox and those who have been in close contact with someone with mpox.

For more information about mpox please visit durham.ca/mpox or [Mpx \(monkeypox\) | ontario.ca](https://Mpx (monkeypox) | ontario.ca)

April 10, 2024

905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

