

What is mpox?

Mpox is a viral disease that enters the body through broken skin, the respiratory tract or the mucous membranes (e.g., eyes, nose, or mouth).

How is mpox transmitted?

Mpox is spread through close contact with an infected individual, such as coming into contact with their body fluids, mucus from the nose, saliva, or sores. Mpox can also be spread by sharing clothing, bedding or common items that have been contaminated with the infected person's fluids or sores.

Signs and Symptoms of mpox

Mpox is usually a mild illness and most people recover on their own after a few weeks. In rare situations, people may become very sick, resulting in hospitalization and/or death.

People usually develop symptoms 5 to 21 days after being infected with the mpox virus. Symptoms occur in 2 stages and typically last from 2 to 4 weeks.

In stage 1, symptoms may include:

- Fever
- Chills
- swollen lymph nodes
- headache
- muscle pain
- joint pain
- back pain
- exhaustion

In stage 2 of the illness, a rash develops - usually within 1 to 3 days (sometimes longer) after the fever starts. The rash often starts on the face, arms, and/or legs, but can affect other parts of the body, such as the hands, feet, mouth and genitals.

The rash usually lasts between 14 - 28 days and changes through different stages before finally forming a scab which later falls off.

You can spread the Monkeypox virus from the first day of symptoms until the scabs have fallen off on their own and the skin is healed.

What to do if you feel ill or at risk for mpox

Call a health care provider immediately if:

- you develop symptoms of mpox
- you have had contact with a known or suspect mpox case

Information on mpox

Managing mpox: Recommendations for Cases and Contacts of cases

The illness is often mild with symptoms usually resolving within a few weeks. Although rare, severe cases and death can occur. If you are feeling very unwell, you should contact a health care provider immediately.

Treatment for mpox disease mainly involves treating the symptoms. Your healthcare provider will discuss possible treatment options with you.

If you have been in contact with someone that has mpox, you should monitor for symptoms for up to 21 days after your contact. If you are considered a high-risk contact of a case, a public health official will connect with you to discuss disease preventable options with you, including possible vaccination. If you develop symptoms, you should contact public health or a health care provider immediately.

Preventing the Spread of mpox

If you have been diagnosed with mpox, you should isolate until all scabs have fallen off and have healed.

If you are identified as a contact of a case, certain behaviors could place individuals at increased risk of exposure to the mpox virus. These include close contact with a case, sexual contact with a case, and behaviors that could cause contact with a case's bodily fluids, lesions, or contaminated items. Individuals who are pregnant or immunocompromised and/or young children may also be at increased risk.

Vaccination Against mpox

If you are identified as a contact of someone that has mpox, a public health official may offer a vaccine called Imvamune. Imvamune can provide protection against smallpox viruses, including mpox. A public health official will discuss the use of Imvamune with you.

Sources:

Public Health Agency of Canada – Monkeypox: Outbreak update

[Monkeypox: Outbreak update - Canada.ca](#)

NACI Rapid Response - Interim guidance on the use of Imvamune® in the context of monkeypox outbreaks in Canada

[National Advisory Committee on Immunization \(NACI\): Statements and publications - Canada.ca](#)