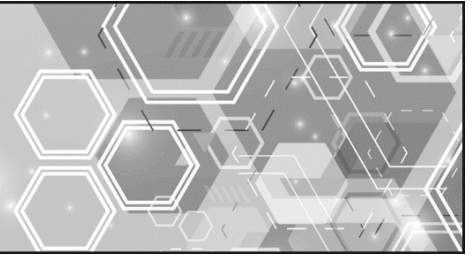




## Durham Region Health Department **Facts about...**



# **MPOX**

## **What is it?**

MPOX (formerly known as monkeypox) is a viral 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 or scabs; coughing or sneezing by someone with MPOX infection
- 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 on average 6-13 days after contact with a person with MPOX but can range from 5 to 21 days from infection to start of illness, then 1-3 more days to start of rash.

- Rash with blisters on face, hands, feet, body, eyes, mouth, or genitals
- Fever, chills and/or sweats
- Swollen lymph nodes
- Headache
- Muscle and back ache
- Sore throat/cough
- Low energy/feeling tired

over...

905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

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



# 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 providers for assessment and testing. Individuals who are tested for MPOX should [self-isolate](#) at home until MPOX is ruled out.

# What is the treatment for MPOX?

For mild infections, most people will recover on their own within 2-4 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.

# 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 containing nose and throat secretions)
- 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 isolate yourself from others
- 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.

December 22, 2022

