



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



Monkeypox

What is it?

Monkeypox is a viral illness that is normally found in Central and West Africa. This virus was discovered in 1958 when two outbreaks of a pox-like disease occurred in monkeys.

Since May 20, 2022, several countries in which monkeypox is not normally found, including Canada, have clusters of cases of Monkeypox virus infection. All infections characterized so far among the recent clusters have been due to the West African clade.

How is it spread?

Anyone can get or pass on monkeypox. Monkeypox 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:

- Monkeypox skin lesions or scabs; coughing or sneezing by someone with monkeypox infection
- Materials (e.g., bedding, towels, clothing) used by a person with monkeypox 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 to person with monkeypox but can range from 5 to 21 days.

- 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
- Low energy

over...

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.



Who should be tested?

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

What is the treatment for monkeypox?

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 monkeypox infection.

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
- Ask people if they have symptoms before you have close contact
- If eligible, get Imvamune® vaccine. Imvamune® is recommended for individuals at higher risk of monkeypox infection and those who have been in close contact with someone with monkeypox.

June 29, 2022

