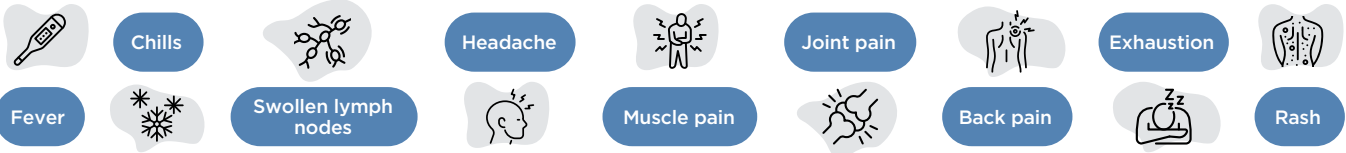


Monkeypox Facts

About monkeypox

Monkeypox is a viral disease. It is usually a mild illness, and symptoms usually resolve within a few weeks. Although rare, severe cases and death can occur.

Symptoms may include



How it spreads

Monkeypox can spread through close contact including sexual contact with someone who has the virus. For example:

Skin

Bodily fluids

Mucosal surfaces (including the eyes, nose and mouth)

Contaminated objects or shared personal items

An infected pregnant person may also pass on the virus to their developing fetus through the placenta, which can lead to congenital monkeypox.

Anyone can get or pass on monkeypox

Anyone can get infected and spread monkeypox if they come into close contact with someone who has the virus, regardless of sex, gender, sexual orientation, socio-economic status, and race. Understanding of the virus is still evolving, and more information will be provided as it becomes available.

While most cases reported in Canada in this outbreak currently are among gay and bisexual men, monkeypox is not exclusive to any group or setting. When it comes to talking about any infectious disease, stigmatization can lead to a misunderstanding of risks and negative health outcomes.

Prevent the spread

Reduce your risk of getting or spreading monkeypox by following public health measures:



Stay home when sick

Cover coughs and sneezes



Clean your hands

Clean and disinfect high touch surfaces and objects



Having multiple sexual partners may increase your overall risk of being exposed to someone with monkeypox. Consider limiting your number of sexual partners to reduce your chance of getting monkeypox as well as sexually transmitted infections.

If you have or think you have monkeypox

If you have symptoms: contact a healthcare provider for advice

If you're diagnosed: isolate away from others and consult the resources of your local public health services

If you've been exposed: consult the resources of your local public health services

Vaccine

A vaccine is available for individuals with high-risk exposures or within a setting or community where transmission is happening. Contact a healthcare provider or your local public health authority to learn more.

Mental health

It's important to take care of your mental health, and remember to be kind to yourself. Everyone's situation is different, so choose wellness strategies that work best for you.

For more information on monkeypox: canada.ca/monkeypox

