

Mpox

What is mpox?

- Mpox is a viral infection.
- Since May 2022, there have been cases of mpox in several countries where the disease is not normally found, including Canada. The World Health Organization declared mpox a public health emergency of international concern most recently in August 2024.

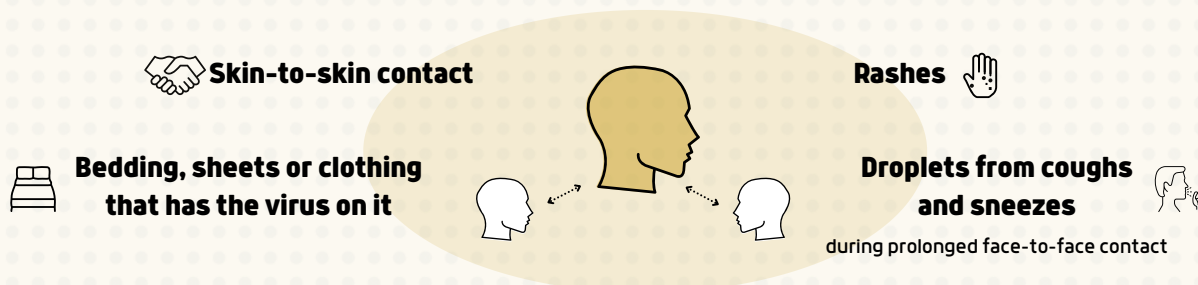
Why is the virus affecting the 2SLGBTQIA+ community?

Viruses like mpox spread through contact in social networks. International travel helps the virus spread. People in the 2SLGBTQIA+ community are active in protecting their health and get tested regularly for sexually transmitted and blood-borne infections (STBBIs). This may have helped detect mpox early in this community. While most recent infections are occurring in people who may self-identify as men who have sex with men, **the virus can affect anyone** through close person-to-person contact.

Stigmatizing someone or a group of people because of an infection is NEVER okay.

How does mpox spread?

Mpox spreads through close contact with a person who is infected with the virus.



Symptoms of mpox

Symptoms usually start 5 to 21 days after being exposed to the virus. They typically last 2-4 weeks.

Rashes can appear on the face, hands, feet and/or genitals and can spread to other parts of the body.

Other symptoms may include:

- fever
- chills
- swollen lymph nodes
- headache
- muscle pain
- joint pain
- back pain
- exhaustion



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If you are exposed or have symptoms,
consult with your health-care provider or call 811

People at higher risk of severe illness from mpox infection include: people who have a weaker immune system (i.e. people living with HIV who are not on treatment), young children, pregnant people.



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Updated Aug. 26, 2024

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What to do if you have been exposed

- Contact your health-care provider. They will arrange for further assessment and testing.
- There is a vaccine that is recommended for people who are at high-risk of being exposed to mpox, or who have had high risk exposure(s). Talk to your health-care provider and they can discuss with public health.
- Monitor for symptoms. Symptoms can start between 5 and 21 days after contact with a person with mpox infection.
- Avoid spreading mpox to others. If you have symptoms or suspect you may have mpox, contact your health-care provider and:



Wear a mask



Do not share items that have touched skin
(e.g. sheets, towels, clothes)



Avoid contact with others
(including sexual contacts and those you live with)



Wash surfaces and your hands regularly



Cover lesions with a bandage or clean clothes
(e.g. long sleeve shirts and long pants)

- In NL, Public Health will contact people who have a possible or confirmed infection with mpox, along with people who have been in close contact with them.
- Public Health provides information about ways to stop the spread of mpox.

Treatment for mpox

- Most people with mpox have mild symptoms. These symptoms often go away in 2-4 weeks and don't require treatment beyond pain relievers and other symptom control (e.g. fever relief, fluids, etc.).
- In rare cases, when mpox is severe, it may require medication and/or hospitalization for symptom management.

What can I do?



Get vaccinated

A vaccine is available for individuals who meet [the criteria](#).



Be aware

Know what mpox is and its symptoms. Protect yourself and others.



Monitor for symptoms

Look for new rashes on your body, especially if you have been exposed.



Contact your health-care provider or call 811

Talk to your health-care provider if you have been exposed and/or if you have symptoms. They will arrange for further assessment and testing.

**Information is changing quickly.
For the most up-to-date info:**



Scan the QR code using the camera on your phone/tablet, or visit the Department of Health and Community Services (Gov NL) mpox webpage directly at the link below.

www.gov.nl.ca/hcs/mpox/



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